



Stop and Breathe



Address

7111 E Tierra Buena Ln #401

Contact Person

Susan Ginsberg

Mobile Number

Email

susan@stopandbreathe.org

Stop and Breathe® offers transformative stress relief workshops, private 1:1 sessions, and breathwork classes in Scottsdale designed to teach effective breathing, relaxation, and visualization techniques. Whether you're an individual seeking personalized support or a company looking to enhance employee wellness, our stress counseling in Scottsdale provides practical tools to manage anxiety and stress.

For more details, please visit <https://www.uniqueyellowpages.com/app/detail/stop-and-breathe-scottsdale-3341>
