



Ironwood Cancer & Research Centers

Outsmarting Cancer One Patient at a Time™

Breath Work with Kreston Woods

2nd Tuesday of every month, 10:00 a.m. - 11:00 a.m.

In-person at our Chandler location



What is Breathwork?

Breathwork is a therapeutic practice involving conscious control of your breath. It's not just about taking in oxygen; it's about how we breathe, where we breathe from, and the amazing transformation we can bring to our physical and mental health when done correctly.

Embrace the Power of Nasal Breathing and Diaphragm Function

Nasal breathing and effective diaphragm function are cornerstones of optimal breathwork. Learn why these aspects are crucial and how to incorporate them into your daily life for better overall health, improved stress management, and enhanced physical performance.

Breathwork for Cancer Patients

Being diagnosed with cancer often brings with it significant stress and anxiety. Breathwork can help manage these feelings, promoting relaxation and providing the body with the best chance for recovery and remission.

Want to participate?

Email: wellness@ironwoodcrc.com or

Call to join 480-314-6660