



Presented by Cielo M., MBA Stein | Cielo Breathwork



# BREATHWORK as a Mental Health IN HARM REDUCTION SPACES

New Perspectives on Mental Health + Wellbeing

Presented by Cielo M. Stein, MBA | Cielo Breathwork

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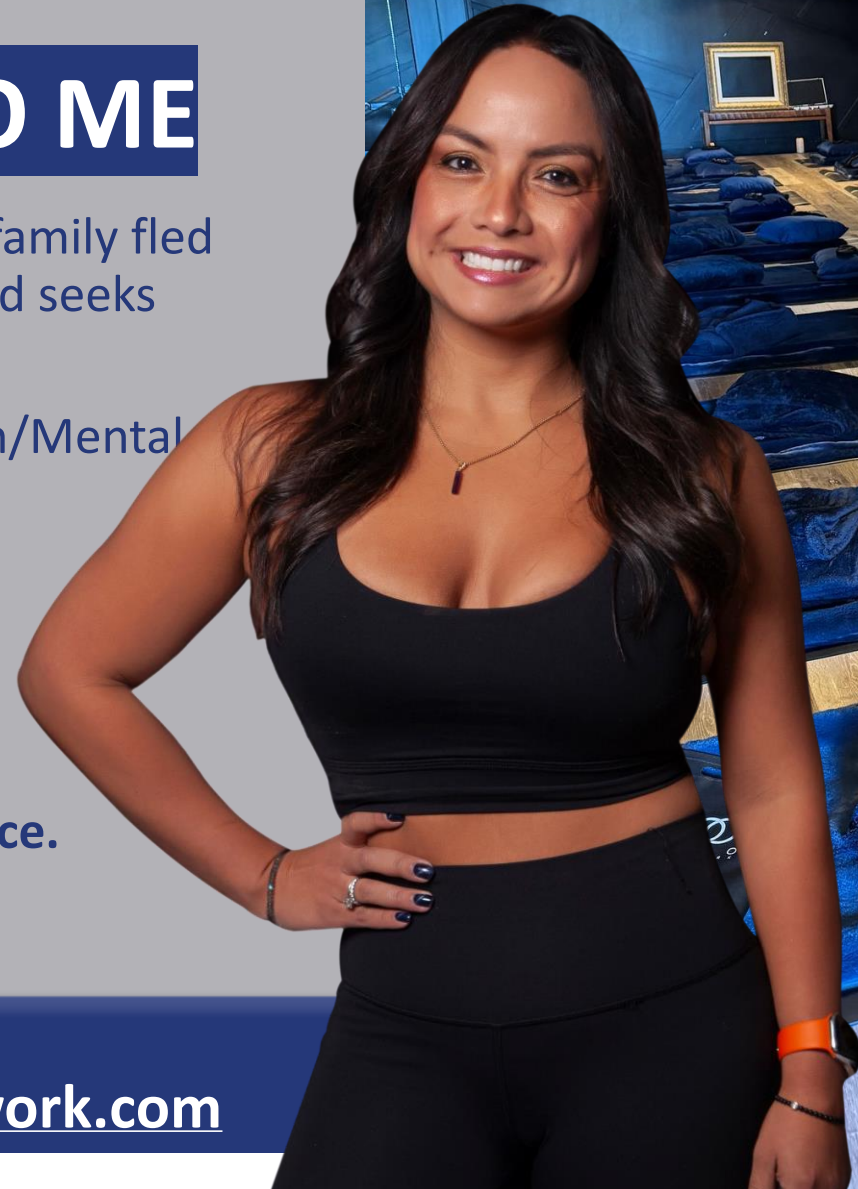




## WHY THIS MATTERS TO ME

- I am originally from **Barranquilla, Colombia** and my family fled the country **25 years** ago due to the war on drugs and seeks political asylum in the United States
- **Successful career in pharmaceutical sales** (Addiction/Mental Health).
- Advocate for reducing stigma — **but saw the limits of meds alone.**
- **Breathwork changed my personal healing journey.**
- **Founded Cielo Breathwork: Safe, judgment-free space.**
- **We are the medicine.**

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## HONORING THE SPACE

- Honoring all experiences + nervous system states.
- No performance, no pressure.
- Healing is personal, nonlinear, and rooted in dignity.

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## TODAY'S INTENTION

- **Explore how conscious breathing supports mental health.**
- Experience a simple yet powerful trauma-informed practice.
- Center dignity, choice, and community wellbeing.

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# WHAT IS BREATHWORK?

- Conscious control of breathing to shift mental/emotional/physical states.
- Regulates nervous system, calms anxiety, reconnects to the body.
- Breath is free, accessible, always with us.



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## TYPES OF BREATHWORK

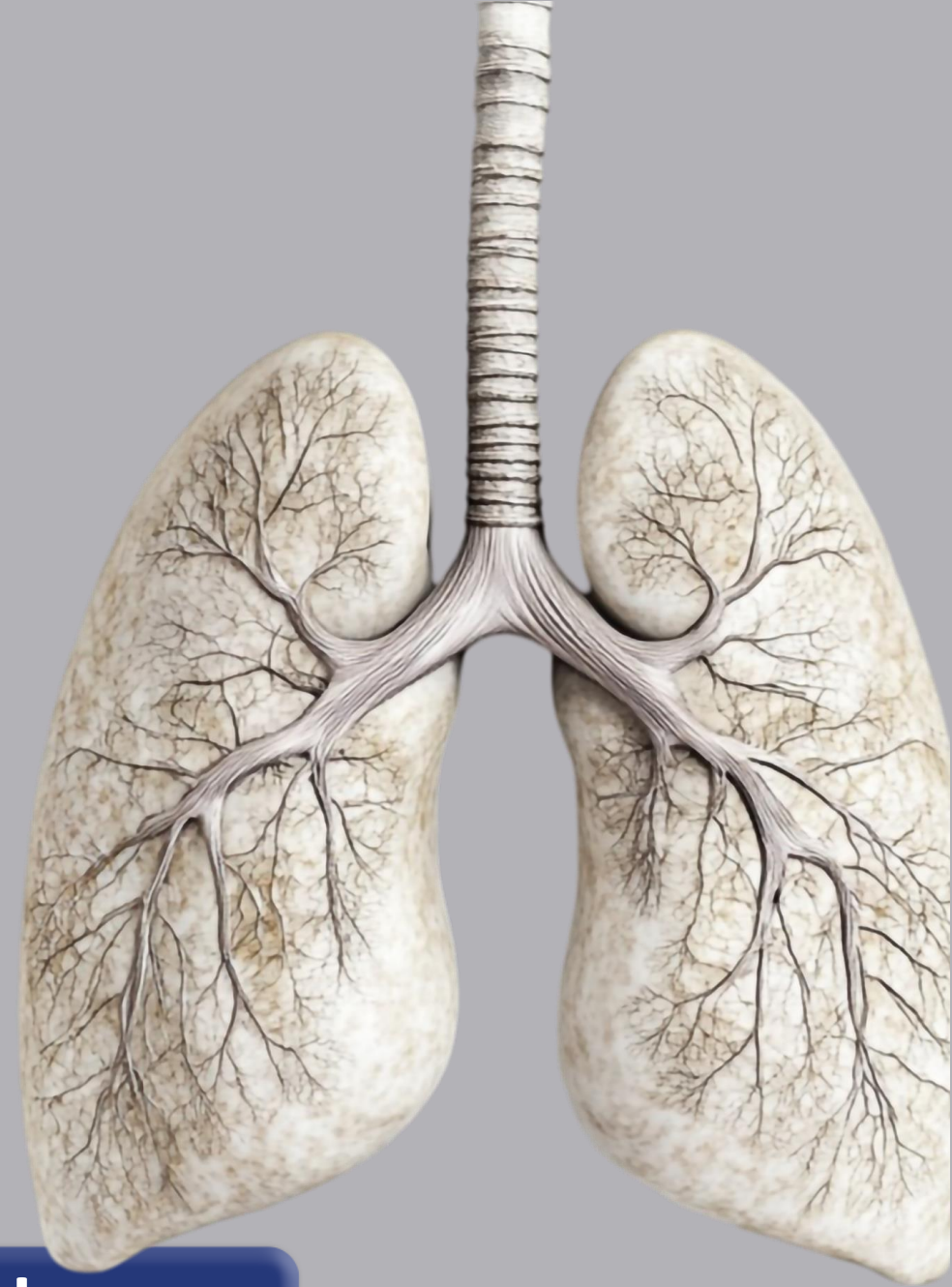
- **REGULATING BREATHWORK:** Gentle, calming, supports daily wellbeing.
- **TRANSFORMATION BREATHWORK:** Deep emotional release, altered states, needs safe facilitation.
- Today, we focus on regulation and accessibility.

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# WHY BREATHWORK MATTERS

- Trauma and chronic stress disrupt breathing patterns.
- Breath becomes shallow or frozen.
- Conscious breathing reconnects body + mind, restores regulation.
- Healing the relationship with our breath, so it can help us get comfortable feeling our emotions safely.

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# BRINGING BREATHWORK INTO HARM REDUCTION WORK

- Self-regulation before/during/after outreach.
- Breath breaks during trainings or debriefs.
- Breathwork for peer support, building community resilience.
- Always an invitation, never a requirement.

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## CLOSING REFLECTION JOURNALING PROMPT

**"One small way I can bring  
conscious breathing into  
my life/work is..."**



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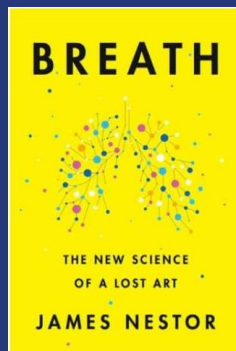




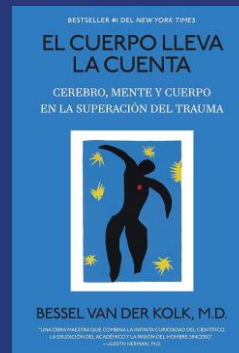
**Resources + Thank you**  
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 **@cielobreathwork**

**RECOMMENDED  
READING**



Breath — James Nestor



The Body Keeps the Score —  
Bessel van der Kolk



**WE ARE THE  
MEDICINE.**