



Experience Guide

in the Sierra de Aracena y Picos de Aroche

Nature, body and landscape for your guests and travellers. Guided activities, grounded in science and rooted in a real place.

Science with Awareness



«Learning to Belong»

Holística Nature · Navahermosa (Galaroza), Huelva · UNESCO Biosphere Reserve

ABOUT US

A School of Human Ecology

Holística Nature was born in the Sierra de Aracena y Picos de Aroche Natural Park, a UNESCO Biosphere Reserve, from a simple premise: the health of people and the health of the land are one and the same process. From there we create experiences for learning to inhabit the body, attention and landscape, grounded in science and guided by a contemplative eye.

We work through three schools, each with its own perspective, sharing a single voice and a single place:

- **Geólatra** — Living Landscape: reading the landscape, geology and biodiversity, led by a Doctor of Geology and an environmental educator.
- **Umanagea** — Living Nature: nature bathing, mindful walking and practices for feeling part of the environment.
- **Holistic EcoYoga** — Body & Movement: yoga and breathing led by professionals with more than twenty years of experience.

All our activities take place out in nature, made for those who visit the Sierra and want more than to see it: to read it, feel it and belong to it for a while.

We come to wherever you are staying

If you wish, and wherever the space and the activity allow, we can run the experience where you are staying. This service carries a travel supplement, except in Fuenteheridos and Galaroza. For the rest of the district, the supplement is 10 €.

We take care of the guiding and the activity insurance.

WHO GUIDES YOU

The people behind each experience

Helena and Javier lead Holística Nature and personally guide the activities. Their blend of science, bodily practice and knowledge of the land is what makes every outing distinctive.



Helena Chacón, PhD

Doctor of Geology (University of Huelva), specialist in Eastern medicine and a yoga teacher trainer with more than 20 years of teaching experience.

More about Helena: helenachacon.com



Javier Muriel

Environmental educator and nature guide; currently reading for a degree in Environmental Sciences (UNED). Yoga teacher trainer with more than 20 years of teaching experience.

More about Javier: javiermuriel.net

Our experiences

Prices per person, valid for the 2026-2027 season (VAT included). The price per person falls as the group grows (see the rate annex). Activities include the equipment needed; any gifts are noted with each one.

Living Landscape

GEÓLATRA

Focus: *our trails are immersive, introductory experiences open to everyone: the aim is to learn to read and recognise ecosystems, not scientific depth. The exception is geology, led by a doctor in the field, which can reach a specialised or professional level.*

BioTrail

Biodiversity and the human imprint on the land.



Low-to-moderate trails with stops to learn to read and recognise ecosystems —plants, trees, birds, animal tracks, ecology— and the human imprint on the landscape. Designed for beginners, with no prior knowledge required. Choose the duration:

2 h	70 €
3 h	90 €
4 h	110 €

A few of our settings: Jabuguillo – Valdezufre, El Alto del Chorrillo (Los Marines), El Rumor del Agua (Galaroza), the centuries-old chestnut trees of Castaño del Robledo, Barranco Dundún (Navahermosa), El Talenque – Valdelarco, the Ruta de los Molinos (Alájar) and the El Repilado – Los Romeros stretch of the footpath, with more in preparation.

Minimum age: 7 · Guide: Javier Muriel and/or Helena Chacón

GeoTrail

A guided trail for reading the rocks of the landscape.



A low-to-moderate trail with explanatory stops where you learn to read the language of the rocks in situ and place the Sierra within the planet's great geological story. It can be pitched as an introduction or adapted to a more specialised or professional level. Choose the duration:

2 h

70 €

3 h

90 €

4 h

110 €

You can choose GeoTrails in Aracena, Alájar, Los Marines, Navahermosa, El Repilado, Cañaveral de León and Cumbres Mayores. Further locations in preparation.

Minimum age: 7 · Guide: Helena Chacón (Doctor of Geology)

Earth Science for Everyone

70 €

A workshop for understanding the language of the Earth.



Designed so that anyone, with no prior knowledge, can grasp the planet's history and dynamics in accessible terms (plate tectonics, the rock cycle, the history of life...). It can be pitched as an introduction for all audiences or adapted to a more specialised or professional level.

Duration: 2 h · Minimum age: 7 · Guide: Helena Chacón (Doctor of Geology, University of Huelva)

Aromatic Trail & Mindful Smelling

75 €

Aromatic plants and the wonders of the sense of smell.



A short trail to recognise the area's aromatic plants and discover how mindful smelling supports memory, attention and emotional regulation. You will practise mindful-smelling exercises and apply balm to points that help regulate the nervous system.

Duration: 2 h · Minimum age: 16 · Guide: Javier Muriel and/or Helena Chacón · Gift: a 2 g aromatic balm per participant

Nature Under the Magnifying Glass

75 €

The hidden universe of lichens and mosses.



An immersion in the microcosm of lichens and mosses, pioneers of life on land and key players in the ecosystem. With a hand lens and a portable microscope connected to a tablet, you will learn to recognise their types and understand their roles —retaining moisture, forming soil, sheltering microfauna, indicating bioclimatic conditions— drawing them as a tool for learning.

Duration: 2 h · Minimum age: 7 · Guide: Helena Chacón and/or Javier Muriel · Gift: hand lens, notebook, pencil and eraser

Living Nature

UMANAGEA

Forest Bathing

70 €

Step into nature with all your senses.



A sensory immersion to slow down and return to the natural world. Through a sequence of short invitations (10 to 15 minutes each), the body settles and the mind restores, giving rise to a whole experience of being with nature. Inspired by the Japanese practice of shinrin-yoku.

Duration: 2 h · Minimum age: 16 · El Talenque (Galaroza) · Guide: Helena Chacón and/or Javier Muriel

Mindful Walking

70 €

Walking with full attention.



A trail walked slowly, in silence and presence. You will practise different forms of mindful walking that improve the harmony of movement, the management of the breath and mental attention, until walking itself becomes an expression of the natural rhythm of your life.

Duration: 2 h · Minimum age: 16 · El Talenque (Galaroza) · Guide: Helena Chacón and/or Javier Muriel

Nature Journaling

75 €

Art, science and mindfulness in a single notebook.



A workshop that brings together three disciplines —art, science and mindfulness— to record what you observe in nature through sketches, drawings, words, diagrams or poems. It cultivates a slower, deeper way of looking, awakens curiosity and opens a creative, symbolic relationship with your surroundings. No drawing skills required: just the wish to observe and be surprised.

Duration: 2 h · Minimum age: 7 · El Talenque (Galaroza) · Guide: Helena Chacón · Gift: notebook, pencil and eraser for each participant

Aromatic Circle

65 €

Train the sense of smell as a route to emotional balance.



Smell is a powerful tool for fixing good memories, regulating emotions and easing stress. We train it in two ways: smelling familiar aromas to observe their body-mind effects, and identifying aromas "blind" in a game inspired by the Japanese tradition of Kumiko. A group practice that is playful and profound at once.

Duration: 90 min · Minimum age: 16 · Guide: Helena Chacón

Ecosomatics

65 €

Feeling the body as part of the environment.



An emerging field that explores the relationship between the experience of the body and its ecological surroundings. Through a series of guided exercises (10 to 15 minutes), we bring bodily awareness together with environmental awareness to recognise how the landscape inhabits us and to strengthen the body-earth bond.

Duration: 90 min · Minimum age: 16 · El Talenque (Galaroza) · Guide: Helena Chacón

Body & Movement

HOLISTIC ECOYOGA

Equipment: *for the yoga and breathing practices, the equipment (mat, belt and blocks) can be brought by each participant or hired for 5 €.*

Mindful Breathing

45 €

Recognise and refine the way you breathe.



A guided practice for becoming aware of how you breathe and how it shapes your inner state. With simple adjustments, we encourage greater vitality, presence and balance in the nervous system. Preferably outdoors, in a quiet natural setting.

Duration: 60 min · Guide: Javier Muriel (breathing-techniques specialist and freediving instructor)

Postural Yoga

Yoga outdoors or where you are staying.



A practice adapted to your needs, your level and your moment, across different styles of psychophysical yoga: Hatha, Yin, Seasonal Yoga, Vinyasa, AyurYoga, Myofascial, and more. In a group or one to one, adjusting style, pace and intensity to meet you exactly where you are. Choose the duration:

60 min	45 €
75 min	55 €
90 min	65 €

Minimum age: 16 · Guide: Javier Muriel and/or Helena Chacón

Laughter Yoga

Laughter as a breathing exercise.



A session to exercise laughter deliberately and receive its many physical and emotional benefits, combining group dynamics and breathing. Choose the duration:

60 min

45 €

75 min

55 €

Minimum age: 16 · Guide: Javier Muriel

Yoga Nidra

45 €

Deep relaxation and restoration of the nervous system.



A conscious relaxation practice that trains the mind to reach deep states of rest and to support a reshaping of beliefs, from stillness.

Duration: 60 min · Minimum age: 16 · Guide: Helena Chacón and/or Javier Muriel

Workshops & Experiences

HOLÍSTICA NATURE

Chinese Tea Ceremony

45 €

A ritual of attention and calm around tea.



A Chinese tea ceremony approached as a practice of presence: preparing and serving the tea with care, attending to its aroma, temperature and flavour, and slowing down. An introductory experience, with no prior knowledge required, in which the simple act of sharing tea becomes a way of being present.

Duration: 60 min · Level: introductory · Includes: tea ware and quality tea (Longjing or similar) · Guide: Javier Muriel

Rates by number of participants

Price per person (in euros) by group size. The price falls as participants are added. The columns correspond to the base rate of each activity. Rates valid for the 2026-2027 season, subject to review for later seasons.

People	45 €	55 €	65 €	70 €	75 €	90 €	110 €
1	45,00	55,00	65,00	70,00	75,00	90,00	110,00
2	27,50	33,75	40,00	45,00	49,00	57,50	67,50
3	21,60	26,67	31,60	36,60	40,30	46,66	53,30
4	18,75	23,13	27,50	32,50	36,00	41,25	46,25
5	17,00	21,00	25,00	30,00	33,40	38,00	42,00
6	15,80	19,58	23,30	28,30	31,66	35,83	39,16
7	15,00	18,57	22,14	27,15	30,43	34,28	37,14
8	14,40	17,81	21,25	26,25	29,50	33,12	35,62
9	13,80	17,22	20,50	25,50	28,77	32,22	34,40
10	—	16,75	20,00	25,00	28,20	31,50	33,50
11	—	16,36	19,50	24,50	27,70	30,90	32,70

Which activity each base rate applies to:

- 45 € — Mindful Breathing · Postural Yoga 60 min · Laughter Yoga 60 min · Yoga Nidra 60 min · Chinese Tea Ceremony 60 min
- 55 € — Postural Yoga 75 min · Laughter Yoga 75 min
- 65 € — Aromatic Circle 90 min · Ecosomatics 90 min · Postural Yoga 90 min
- 70 € — Forest Bathing 2 h · Mindful Walking 2 h · Earth Science for Everyone 2 h · GeoTrail 2 h · BioTrail 2 h
- 75 € — Nature Journaling 2 h · Aromatic Trail 2 h · Nature Under the Magnifying Glass 2 h
- 90 € — GeoTrail 3 h · BioTrail 3 h
- 110 € — GeoTrail 4 h · BioTrail 4 h

Extras & conditions

- Activities include the equipment needed; any gifts are noted with each one.
- Yoga and breathing equipment (mat, belt and blocks): 5 € per person, only for those who do not bring their own.
- Travel to where you are staying: 10 € (included in Fuenteheridos and Galaroza).
- Full-day pack: 20% discount when combining two or more activities into a half or full day.
- Outdoor activities go ahead whenever the weather allows.

Let's talk

Tell us which experiences call to you, and we'll help you choose the right one or design something tailored to your group.

info@holisticanature.com · +34 636 78 11 67 · @holisticanature

Navahermosa (Galaroza) · Sierra de Aracena y Picos de Aroche · Huelva

Active-tourism company registered in Andalusia · RTA Code: AT/HU/00121

holisticanature.com · umanagea.com · geolatra.com · holisticecoyoga.com



2026-2027 season rates