

Astrology

and Your Cosmic Body

LIZ HOWELL: GUEST SPEAKER
Body, Mind, Spirit Expo in Honolulu, HI
Sunday, February 1, 2009 2:00 PM

Date:
Sun, Feb 1, 2009
@ 2 pm

Location:
Body, Mind Spirit
Expo
Hawaii Convention
Center
Honolulu, HI

**Information
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Astrology and Your Cosmic Body

with Liz Howell, Astrologer and Founder of Celestial Living Arts

The connection between the celestial skies above and the growth cycles of all living things below has long been recognized in the seasonal and cyclical patterns of nature. Just as people, plants and planets are made up of the same elements (fire, earth, air and water), our physical bodies are in fact microcosms of the larger cosmos.

Understanding these inner-workings and outer connections provides us with invaluable information and successful tools of empowerment as we seek to balance, improve and enrich our lives.



About The Presenter:

Liz Howell's passion for exploring the connections in the body to the world(s) around us has been a life-long journey spanning a professional dance career in New York City to a somatic healing arts practice in Hawaii for the last 13 years. It is only natural that her decades-long love of astrology and fascination with the potential of human mind, body and spirit integration came together on a path that now includes an astrological consulting practice, regular astrology columns for magazines and e-newsletters, running her company of astrologically inspired healing products, Celestial Living Arts and presenting workshops to people interested in how these worlds intersect. Presently, she spends her time primarily between Portland, Oregon and Honolulu, Hawaii.

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