

Culinary Astrology

From Soup to Nuts

Date:
Sun. Apr 19 @ 1 pm

LIZ HOWELL: Guest Speaker
BODY, MIND, SPIRIT EXPO Portland, OR
Sunday, April 19, 2009 1:00 PM

Location:
Body, Mind Spirit
Expo @ Portland
Convention Center,
Portland, OR

Admission:
\$12 covers Expo
marketplace and all
lecture programs

**Information
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Culinary Astrology: From Soup to Nuts

with Liz Howell, Astrologer and Founder of Celestial Living Arts

Most people turn to astrology with questions about love, marriage, career, health, and timing on things like weddings, promotions and parenthood. But rarely does one think to consult an astrologer when deciding what to cook for a Gemini who's coming to dinner or for ideas on how to creatively spice up a new dietary regimen. It is a little known fact that the centuries-old interpretive science of astrology has long-standing and traditional ties with foods, vegetation and herbs. Learn more about each of the signs and their preferred tastes and styles when it comes to culinary classifications.



Photo: Val Loh

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. Her ongoing study of herbal and culinary science has taken her on treks to Bali and into the kitchens and gardens of some of the finest restaurants around the world. Now in Portland, OR, she and her company, Celestial Living Arts, are thriving with the region's passion for and dedication to green, sustainable and conscious living. Much of the experimentation and research conducted on the botanical astrology theories are tested in her own urban SPIN (small plot intensive) neighborhood garden in the heart of the Northwest section of Portland. Her interests include astrology, healing arts, herbology, gardening, metaphysics . . . and, of course, cooking.

Liz Howell • 503.888.5064 • Celestial Living Arts