

Meditation & Relaxation  *Personal*

Meditation is helpful to all people who wish to live a more peaceful life. In addition to the more common forms of mediation techniques, you will learn to use hand positions called mudras, as well as vocalizations called mantras. These serve as points of focus to direct the meditator's consciousness to achieve relaxation, stress management or greater self-awareness. Join us for this informative and relaxing class

Jan. 18-Feb. 22 W 6-7 p.m. \$49
CEC, 302 Monroe LLLX-1920-CEWA

 **Relaxation & Stress Reduction**  *Relaxation*

Discover breathing and relaxation techniques that will calm your busy mind and help you feel relaxed. Class is for anyone searching to find peace in the stress of their everyday lives.

Jan. 26 Th 5:30-7:30 p.m. \$19
CEC, 401 Friend LLLX-0809-CEWA

 **Nonviolent Communication**  *Communication*

Learn how to communicate in a nonthreatening manner. Develop stronger relationships with your children, spouses and friends all by adopting a nonviolent style of communication.

Feb. 9 Th 5:30-7:30 p.m. \$19
CEC, 301 Friend LLLX-0807-CEWA

Chakra & Balance  *Chakra*

In this workshop you will explore seven chakras (energy centers of the body) to help align your body, mind and spirit. These centers hold much information about life and the blocks that may inhibit a happy one. Learning to let go of old patterns from these centers allows you to feel lighter and more at peace in your life. Discover practical knowledge and personal understanding for balancing your life.

Jan. 18-Feb. 1 W 6:30-8:30 p.m. \$69
CEC, 301 Thornton LLLX-1772-CEWA

 **Resume Writing & Interviewing**  *Writing*

It can be difficult these days to find and secure the perfect job. A sharp resume can get you in the door and polished interview skills can help you stand out above the rest.

Bring working resume, pencil, employment, and educational history to class.

Feb. 2 Th 5-7 p.m. \$19
CEC, 402 Friend LLLX-0808-CEWA

Double Your Mind Power  *Mind*

Scientists tell us that we only use 10 percent of our mind power. What if we could double that? What if we could help our minds stay healthy and avoid Alzheimers? We all have the potential to learn better and faster than we do. Discover how to learn more effectively. Using a variety of techniques, you will learn how to take in information easier, faster and remember more. Also included are techniques for using our mind more effectively and discovering your own unique learning style. If you are a student or working adult, this class is a must.

Jan. 23 M 6-9 p.m. \$39
CEC, 405 Cashell LLLX-0865-CEWA

Stop Smoking with Hypnosis, NLP & EFT  *Smoking*



This new program uses the cutting-edge techniques to help you become a non-smoker. You don't

need will power and you don't need patches or pills. All you need is a sincere desire to be a non-smoker. This program is all about behavior modification and the psychology of smoking. You will learn about the emotional connection to smoking and how to use self-hypnosis, NLP, EFT, visualization and other techniques to help you put out the cigarettes for good.

Bill Cashell is an expert in human behavior and is the author of "Stop Smoking by Tomorrow" and "The Emotional Diet."

Jan. 12 Th 6-9 p.m. \$29
CEC, 406 Cashell LLLX-0340-CEWA



 **Aviation Ground School**  *Aviation*

This is a twelve week course that prepares students for the FAA written exam which is necessary for gaining a VFR pilots license. Course objectives include Fundamentals of Flight: Pilot training, airplane systems, aerodynamic principles, Flight Operations: The flight environment, communication and flight information, Aviation Weather: Meteorology for pilots, interpreting weather data, Performance and Navigation: Airplane performance, navigation, Integrating Pilot Knowledge and Skills: Applying human factors principles, the flight planning process

Required textbook and supplies are included in tuition. Instructor, Dean Doyle, has been an FAA certified flight instructor since 1977 and has held numerous lectures worldwide. Class is held at the SCC Beatrice Campus, 4771 W. Scott Road, Kennedy Center, Room 334. For more information, contact Kelly Morgan at 402-228-8244; 800-233-5027, ext. 1244; or kmorgan@southeast.edu

Jan. 10-Mar. 27 T 6-10 p.m. \$525
See Desc. Doyle AVIA-3000-BEWA

 **Fear of Flying**  *Flying*

For some people the fear of flying can keep them from successful business opportunities and turn holiday dreams into nightmares. If you're terrified of flying to the extent that you have to travel by sea, road or rail to avoid it, then there are ways to help you conquer your fear. This powerful session combines Cognitive Behavior Therapy, Neuro Linguist Programming, Emotional Freedom Techniques and Self Hypnosis to help you be free of the fear of flying.

Jan. 9 M 6-8 p.m. \$29
CEC, 404 Cashell LLLX-0416-CEWA

 **Celebrate Life: Exploring Life, Death & Your Life Purpose**  *Celebrate*

This unique class will explore life in a totally different way. We will look at the possibilities that we are more than just our physical bodies. Do we come to this life with a purpose in mind? Do we have multiple lives? Learn how to read warnings from the essential self: low energy, lapses into illness, forgetfulness, addictions, Freudian slips and mood swings.

Each individual has a core personality that encompasses one's desires, emotions and preferences, which is sometimes blocked by external influences and beliefs. You will learn how to identify your true path while eliminating negative influences and serious emotions like grief and anger that may be holding you back.

Jan. 30 M 6-9 p.m. \$29
CEC, 404 Cashell LLLX-0415-CEWA

Mind, Body, Spirit in Action  *Mind*

The body, mind, spirit journey will introduce you to holistic principles in a practical application. Discover the basics of these different parts of your whole self and experience how they work together through techniques such as desk yoga, guided imagery, meditation, Chi Gong and more.

Feb. 16-Mar. 1 Th 6:30-8 p.m. \$39
CEC, 401 Williams LLLX-2112-CEWA

Dream Interpretation  *Dream*

Curious about your dreams and what they mean? Would you like to learn the language of the dream and better understand the messages and directions you're given through your dreams? Fun, educational, and definitely a "tools for life" class. Come join us!

Bring a dream that you recently had and would like to interpret.

Feb. 8 W 6:30-8:30 p.m. \$25
CEC, 301 Thornton LLLX-2024-CEWA

Your Personal Blueprint for Entrepreneurial Success  *Blueprint*

Entrepreneurs are always resourceful. They have brilliant ideas that they want to take action on and most often do. It's not uncommon for entrepreneurs to get so wrapped up with work that they let other healthy activities such as down time, family time and social time go by the wayside. They find themselves becoming so busy that overwhelm sets in, frustration levels go up, productivity declines, profits may decline and overall satisfaction diminishes. This workshop will give the entrepreneur specific tools that are designed to keep you on track-even when the going gets tough.

One hour for lunch on your own.
Jan. 24 T 9 a.m.-4 p.m. \$89
CEC, 404 Thaller LLLX-0337-CEWA