



### What is Your Element?

Are you a Wood, Fire, Water, Earth, or Metal? The Chinese medicine elements are phases or qualities in the natural cycle of things. When you discover your primary element, you will learn more about your strengths and what to do about potential weaknesses. Discover some energy medicine exercises to help you create balance in body and mind.

**Keyword: Element**

July 10	W	6-7:30 p.m.	\$29
Lincoln, CEC, 404	A. Williams	LLLX-2013-CEUA	

### Intro to Energy Medicine

What is your Energy Body? Discover the principles of how energy moves in the body to create harmony and balance. Learn easy de-stressing and energizing tips in this hands-on class. Discover how you can affect your own energy with simple techniques you can use daily for optimum health and vitality. Find out how to energize yourself in less than a minute with personalized self-care applications. Participate in demonstrations of how these systems affect our whole being: body, mind and emotions.

**Keyword: Energy**

Aug. 13	T	6-7:30 p.m.	\$29
Lincoln, CEC, 404	A. Williams	LLLX-0867-CEUA	

### Intro to Energy Testing

Discover how to communicate with the body's energies in ITS language Energy Testing. Observe and participate in demonstrations on how to Energy test yourself or someone else. Learn the background of Applied Kinesiology and concepts that form the foundation for this useful skill set and how to apply it to make choices for foods, vitamins and other substances. Leave with the skills to utilize this in your daily life to make choices directed by the wisdom of your body's subtle energies.

*Bring a food or vitamin you are wondering about to Energy test!* **Keyword: Energy**

Sept. 9	M	6-7:30 p.m.	\$29
Lincoln, CEC, 404	A. Williams	LLLX-2228-CEFA3	

#### Location Key

Lincoln, CEC \_\_\_\_\_ Jack J. Huck Continuing Education Center, 301 S. 68th St. Place  
Lincoln, HTCH \_\_\_\_\_ Holy Trinity Church, 6001 A St.

*(Enter west parking lot at traffic signal, use south door and go to lower level.)*

## YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

*Wear comfortable clothing. Bring a thick towel or yoga mat to class. Choose a location and class to fit your needs.*

### Fundamentals of Yoga

*NOTE: No class Sept. 2. Keyword: Yoga*

July 15-Sept. 9	M	7:30-8:30 p.m.	\$69
Lincoln, HTCH	G. Ogden	LLLX-1701-OCUA	

### Yoga I

*Prerequisite: Fundamentals of Yoga (LLLX-1701)*

This is a continuation of the fundamentals class.

**Keyword: Yoga**

July 10-Aug. 28	W	7:30-8:30 p.m.	\$69
Lincoln, HTCH	G. Ogden	LLLX-1755-OCUA	

### Yoga II

*Prerequisite: Yoga I (LLLX-1755)*

A continuation of Yoga I.

**Keyword: Yoga**

July 11-Aug. 29	Th	6:30-8 p.m.	\$79
Lincoln, HTCH	G. Ogden	LLLX-1744-OCUA	



### Hypnosis for Stress Reduction

Want to feel calm, confident and in control? Do you know there are different kinds of hypnosis? In this fun, interactive class, learn about how the mind works, what hypnosis can and cannot do and the powerful mind/body connection. We will discuss how to recognize when hypnosis happens in everyday life. We will practice achieving relaxed states and will create our own, individualized positive suggestions. In addition, we will learn what resistance is, how to recognize it in the body and how to release limiting beliefs.

*Bring a mat and pillow if you'd like to relax on the floor.* **Keyword: Stress**

Aug. 1	Th	6:30-8:30 p.m.	\$29
Lincoln, CEC, 404	J. Karas	LLLX-2114-CEUA	

### Intro to Massage

Learn the strokes massage therapists use. In class, we will work on the back, forearms/hands and ears/scalp.

*NOTE: Bring a pillow. Instructor Becky Ohlson, MEd, ATC, LMT, is a certified athletic trainer, licensed massage therapist and certified integrative reflexologist. Please complete a registration form for both participants.*

**Keyword: Massage**

Sept. 11	W	6-9 p.m.	\$29
Lincoln, CEC, 302	R. Ohlson	LLLX-0575-CEFA	

### Women's Self Defense

Be prepared! Class will discuss situational awareness, how to be a tough target, assessing level of threat, and knowing you are worth fighting for. Participants will learn four kicks and four hand techniques which they will practice on a padded target. We also will cover pressure points and breakaways.

*This class is geared towards women, but everyone is encouraged to attend.*

**Keyword: Defense**

July 11	Th	6-8 p.m.	\$29
Lincoln, CEC, 302	J. Karas	LLLX-0302-CEUA	

## FREE TRAINING

For information on financial assistance options, visit [www.southeast.edu/cefinassist](http://www.southeast.edu/cefinassist)



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

\* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

## OR REGISTER BY MAIL, FAX OR IN PERSON



### Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

#### SIGNATURE

Check  Cash  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CC # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_

DE \_\_\_\_\_

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or [jsoto@southeast.edu](mailto:jsoto@southeast.edu).

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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

