

## Mind & Body

Oct.-Dec. 2019

### NEW! Forest Bathing

Forest Bathing, or Shinrin-yoku, is the Japanese practice of going to the forest to receive mental and physical healing. It has been shown to reduce anger, anxiety, depression, and sleeplessness. Forest plants emit essential wood oils and airborne chemicals to protect themselves from insects and decay. These aromas benefit humans as well. Join us to participate in gently guided activities that engage your five senses and connect you to the energy of the natural world.

This is not a hike.

**Keyword: Forest**

Oct. 5	S	1:30-3 p.m.	\$19
Lincoln, PPNP	Butler	LLLX-1342-OCFA	

### Hypnosis for Weight Loss

Are you feeling frustrated about your weight? Curious about hypnosis but not sure if it's for you? This workshop is taught by a professional hypnotist and certified exercise instructor. Learn how the mind works, what hypnosis can and cannot do, the power of suggestion, and how to deal with resistance.

Class will practice hypnosis as a group and will create personalized suggestions.

**Keyword: Hypnosis**

Oct. 24	Th	6-8 p.m.	\$29
Lincoln, CEC, 403	Karas	LLLX-2114-CEFA	

### Mindfulness Meditation

Learn to meditate (rather than medicate) to calm your mind and restore peace and balance to your physical, emotional and mental state. This class will provide you with the tools to establish a regular practice and potentially transform your life.

We will be sitting on chairs.

**Keyword: Meditation**

Oct. 3-Nov. 7	Th	6:30-7:30 p.m.	\$59
Lincoln, ELCC, C	Miller	LLLX-2023-OCFA	

### 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**

Nov. 5	T	6-7:30 p.m.	\$29
Lincoln, CEC, 404	Williams	LLLX-2013-CEFA	

### 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 unless noted below. Chose a location and class to fit your needs.



#### Fundamentals of Yoga

NOTE: No class Oct. 14 and 21.

**Keyword: Yoga**

Sept. 16-Nov. 18	M	7:30-8:30 p.m.	\$69
Lincoln, HTCH	Ogden	LLLX-1701-OCFA	

#### Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

NOTE: No class Oct. 16.

**Keyword: Yoga**

Sept. 18-Nov. 13	W	7:30-8:30 p.m.	\$69
Lincoln, HTCH	Ogden	LLLX-1755-OCFA	

#### Yoga II

Prerequisite: Yoga I (LLLX-1755)

A continuation of Yoga I.

NOTE: No class Oct. 17.

**Keyword: Yoga**

Sept. 19-Nov. 14	Th	6:30-8 p.m.	\$79
Lincoln, HTCH	Ogden	LLLX-1744-OCFA	

### 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**

Dec. 4	W	6-7:30 p.m.	\$29
Lincoln, CEC, 404	Williams	LLLX-0867-CEFA	

### Energy Flow for Life & Vitality

Vital health is based on vibrant subtle energies. Learn about the Energy Systems that interweave to create the energetic infrastructure of your body. Go more in depth with Meridians to learn what is going on with YOUR BodyMind energies. Participate in fun interactive demonstrations to gain the most out of this class and take home specific applications that will optimize the flow in your body.

**Keyword: Energy**

Oct. 3	Th	6-7:30 p.m.	\$29
Lincoln, CEC, 404	Williams	LLLX-2249-CEFA	

### Location Key

Lincoln, CEC ..... Jack J. Huck Continuing Education Center, 301 S. 68th St. Place  
 Lincoln, ELCC ..... East Lincoln Christian Church, 7001 Edenton Road  
 Lincoln, HTCH ..... Holy Trinity Church, 6001 A St.

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

Lincoln, PPNP ..... Prairie Pines Nature Preserve, 112th & Adams

For more information, contact us at  
 800-828-0072 or  
 continuinged@southeast.edu.

## 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**

Oct. 23	W	6-7:30 p.m.	\$29
Lincoln, CEC, 405	Williams	LLX-2228-CEFB	

## Massage Basics

This hands-on class teaches you specific massage techniques for back, arms/hands and scalp using your fingers to elbows. Plus learn about the professional massage modalities available to you.

Please complete a registration form for both participants.

**Keyword: Massage**

Oct. 28	M	6-9 p.m.	\$49/Couple
Lincoln, CEC, 302	Ohlson	LLX-0575-CEFB	

## Uechi Ryu Karate Do

Uechi-ryu is a classical Chinese Okinawan style of self-defense, which stresses a balance between mind, body and technique. The classes involve warm-up techniques to enhance good health, exercises to strengthen movement, stretching to improve flexibility, and basic to advanced self-defense strategies.

Wear comfortable clothes.

**Keyword: Karate**

Oct. 2-Nov. 6	W	6-8 p.m.	\$69
Lincoln, CEC, 304	Lamb	LLX-0303-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**

Oct. 17	Th	6-8 p.m.	\$29
Lincoln, CEC, 302	Karas	LLX-0302-CEFA	

## Introduction to Pilates

This intelligent exercise method can lead to increased strength and flexibility through mind/body as you discover your core in the mat work.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a bath towel and yoga mat if you have one. NOTE: No class Oct. 14 and 21.

**Keyword: Pilates**

Sept. 16-Nov. 18	M	6:15-7:15 p.m.	\$69
Lincoln, HTCH	Ogden	LLX-1523-OCFA	

## Continuing Pilates

Prerequisite: Introduction to Pilates (LLX-1523) or instructor permission

Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a thick towel to class. Note: This is not a beginning class. NOTE: No class Oct. 15 and 22.

**Keyword: Pilates**

Sept. 17-Nov. 19	T	6:15-7:15 p.m.	\$69
Lincoln, HTCH	Ogden	LLX-1709-OCFA	

## FREE TRAINING

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

### 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.)

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu).



## Registration Form - Non-Credit Course

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

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.

PLEASE PRINT

Today's Date

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		
I identify as: <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).

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. 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**.
7. 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.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

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