NEW! Tool Box for Meditation

Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.

Participants can sit on chairs or mats on the floor. NOTE: No class May 23.

Keyword: Meditation

May 16-30
Wahoo, WHLC, 101
S
10:30-11:30 a.m.
$19

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. Chose a location and class to fit your needs.

All Access Pass

Learning Center at Wahoo Classes Only

Save 10% and purchase the Access Pass, which allows attendance at all yoga sessions between Wed., April 15 and Sat., June 27. Students who register for this special section will be issued their pass on their first night of class.

Questions? Call 402-323-5581 for more information.

Keyword: Pass

April 15-June 27
W, S
9 a.m.-2 p.m.
$139
Wahoo, WHLC, 101
Blackwell—AREA-8785-WHSA

Yoga for Beginners

Yoga mats, straps and blocks will be provided.

Keyword: Yoga

April 18-May 16
Wahoo, WHLC, 101
S
9-10 a.m.
$39
Blackwell—AREA-8558-WHSC

May 30-June 27
Wahoo, WHLC, 101
S
9-10 a.m.
$39
Blackwell—AREA-8558-WHUA

Grow with Yoga

Yoga mats, straps and blocks will be provided.

Keyword: Yoga

April 15-May 13
Wahoo, WHLC, 101
W
6:30-7:30 p.m.
$39
Blackwell—AREA-8559-WHSC

May 27-June 24
Wahoo, WHLC, 101
W
6:30-7:30 p.m.
$39
Blackwell—AREA-8559-WHUA

Location Key

Wahoo, WHLC .......... Learning Center at Wahoo, 536 N. Broadway St.
**REGISTER ONLINE**

You must have an email account to register online.

2. **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.)
   
   *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**.

*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.*

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

**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.

<table>
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<th>Middle Initial</th>
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### COURSE NUMBER

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**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.

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For additional information, please visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog).

**TOTAL DUE**

**SCC Staff Tuition Waiver**

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For Office Use Only

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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)