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.

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

Yoga for Beginners

Yoga mats, straps and blocks will be provided.

Keyword: Yoga

Grow with Yoga

Yoga mats, straps and blocks will be provided.

Keyword: Yoga
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.)
   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.

* 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

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 for additional information.

Social Security Number OR SCC Student ID Number | Birth Date | Name: Last | First | Middle Initial | State | Zip | County #
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Residence Mailing Address | City | Cell Phone | [Home] | [Business Phone]
Email Address | I identify as: | [Male] | [Female] | [Nebraska Resident] | [Non-Resident] | [Hispanic or Latino] | [Not Hispanic or Latino] | [Race (Select one or more):] | [White] | [Asian] | [American Indian/Alaska Native] | [Native Hawaiian/Other Pacific Islander] | [Black/African-American]

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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.

Would you like a receipt mailed to you? [Yes] [No]
SCC Staff Tuition Waiver ( )
TOTAL DUE ________________

Substitution 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 the withdrawal request; 3) that the information I have submitted is true, complete, and correct; 4) submission of this form indicates that I understand and agree to the policies contained herein; and 5) any changes in SSN, legal name, address, residence, 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. Requests 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.