

Mind & Body

Summer 2020

Relaxation Techniques

Relaxation techniques are a great way to help with stress management. It is about unwinding and shaking off tensions and anxieties. No one can avoid all stress, but you can counteract its effects by learning how to produce the relaxation response, a state of deep rest that is the opposite of the stress response. Discover relaxation techniques and skills that are low cost, pose little risk and can be done nearly anywhere.

NOTE: No class Aug. 27 and Sept. 1.

Keyword: Relax

Aug. 25-Sept. 17	T, Th	6:30-8 p.m.	\$59
Lincoln, CEC, 304	Marsh	LLLX-0582-CEFA	

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 at Prairie Pines Nature Preserve 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

Sept. 20	U	1:30-3 p.m.	\$15
Lincoln, PPNP		Kohles	LLLX-1342-OCFA

Continuing Pilates

Prerequisite: Introduction to Pilates (LLLX-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.

Keyword: Pilates

Aug. 31-Sept. 23	M, W	6:15-7:15 p.m.	\$69
Lincoln, HTCH		Ogden	LLLX-1709-OCFA

T'ai Chi for Beginners

If you're looking for a way to reduce stress, consider Tai Chi. Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

Wear comfortable clothing you can move in. NOTE: No class Sept. 7.

Keyword: Chi

Aug. 24-Sept. 14	M, W	6:30-7:30 p.m.	\$69
Lincoln, CEC, 302	Marsh	LLLX-1712-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. Choose a location and class to fit your needs.

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Keyword: Yoga

Aug. 31-Sept. 23	M, 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.

Keyword: Yoga

Sept. 1-24	T, Th	6:30-8 p.m.	\$79
Lincoln, HTCH		Ogden	LLLX-1744-OCFA

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.)
Lincoln, PPNP Prairie Pines Nature Preserve, 3100 North 112th
(When you arrive at the entrance gate,
turn off 112th on paved driveway.)

Check out all classes offered at
www.southeast.edu/continuing
Find us on Facebook® at
www.facebook.com/SCCNebCE

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

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

A 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.

Keyword: Meditation

Aug. 22 & 29 LIVE Online, Zoom	S Blackwell	10:30-11:30 a.m. AREA-6685-TCUA	\$19
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Old Fashioned Soap Making

Discover how to make healthy handmade soap from scratch. You will learn basic soap-making and the chemistry behind it and how to make soap safely. We will cover everything you need to know about the soap-making supplies and ingredients.



Supply list sent approximately one week prior to class. Product sales will not be a part of this class.

Keyword: Soap

July 11 LIVE Online, Zoom	S Wolcott	1-4 p.m. AREA-5725-TCUA	\$55
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For more information, contact us at
800-828-0072 or continuing@southeast.edu



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



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 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		
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.

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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
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.