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.
Lincoln, CEC, 304
Marsh
LLLX-0582-CEFA
$59

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.
Lincoln, PPNP
Kohles
LLLX-1342-OCFA
$15

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.
Lincoln, HTCH
Ogden
LLLX-1709-OCFA
$69

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.
Lincoln, CEC, 302
Marsh
LLLX-1712-CEFA
$69

Yoga Classes

Keyword: Yoga
Aug. 31-Sept. 23
M, W
7:30-8:30 p.m.
Lincoln, HTCH
Ogden
LLLX-1755-OCFA
$79

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.)

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 canceled 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.

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.

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. For more information, contact us at www.ed2go.com/sccne or jsoto@southeast.edu.

Would you like a receipt mailed to you? ☐ Yes ☐ No

SCC Staff Tuition Waiver ( )

TOTAL DUE $
You must have an email account to register online.


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.

*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.*