

Mind & Body

Fall 2020

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 (112th and Adams Streets) 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.

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

Oct. 17-Nov. 21 Lincoln, CEC, 304	S Marsh	10:30-11:30 a.m. LLLX-0582-CEFA	Keyword: Relax \$59
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Massage Basics

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

Oct. 27 Lincoln, CEC, 302	T Ohlson	6-9 p.m. LLLX-0575-CEFA	Keyword: Massage \$29
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Your Intuitive Self

We all recognize intuitive moments, whether they come in dreams, flashes of insight or messages from others. This class will explore ways to reliably call upon this gift for ourselves. We will explore what intuition is, where it comes from and how to strengthen it to enhance our daily lives.

Oct. 5-19 Lincoln, CEC, 404	M Monroe	6-7:30 p.m. LLLX-0445-CEFA1	Keyword: Intuitive \$69
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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

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.

Fundamentals of Yoga

NOTE: Sec. TCFA: Registration deadline Oct. 2.

Oct. 5-Nov. 23 Lincoln, HTCH	M Ogden	7:30-8:30 p.m. LLLX-1701-OCFA	\$69
Oct. 6-Nov. 24 LIVE Online, Zoom	T Whittle	7-8 p.m. LLLX-1701-TCFA	\$69

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Oct. 7-Nov. 25 Lincoln, HTCH	W Ogden	7:30-8:30 p.m. LLLX-1755-OCFB	\$69
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Yoga II

Prerequisite: Yoga I (LLLX-1755)

A continuation of Yoga I.

Oct. 8-Dec. 3 Lincoln, HTCH	Th Ogden	6:30-8 p.m. LLLX-1744-OCFB	\$79
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NEW! Anywhere Yoga Using a Chair

Discover how to stay active, healthy and alert—using just a chair! If you are a desk sitter most of the day, or have arthritis/conditions that hinder you from everyday movement? This is the class for you! You will learn different stretches and strengthening poses—all from a chair. Staying active, healthy and alert will be the goal of this class. Join us via ZOOM from anywhere!

NOTE: No class Nov. 26.

Oct. 8-Dec. 3 LIVE Online, Zoom	Th Whittle	7-8 p.m. LLLX-1695-TCFA	\$69
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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>.

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. 2 Lincoln, CEC, 404	M Williams	6-8 p.m. LLLX-2013-CEFA	\$29
Dec. 2 LIVE Online, Zoom	W Williams	6-8 p.m. LLLX-2013-TCFA	\$29

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. 19 Lincoln, CEC, 403	M Williams	6-8 p.m. LLLX-2228-CEFA	\$29
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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

Oct. 1 Lincoln, CEC, 404	Th Williams	6-8 p.m. LLLX-0867-CEFA	\$29
Oct. 7 LIVE Online, Zoom	W Williams	6-8 p.m. LLLX-0867-TCFA	\$29

Women's Self Defense

This class will discuss situational awareness, how to be a tough target, assessing the 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. 15 Lincoln, CEC, 302	Th Karas	6-8 p.m. LLLX-0302-CEFA	\$29
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NEW! Start Your Day Right: Morning Workout

I am going to get up and workout in the morning. Who has had this conversation before but struggled to do it? Jump in for this eight-session class to beat down these barriers. Get motivational tips and encouragement while you wake your body up with this morning workout in the comfort of your home. Start the day off right, just like you.



Keyword: Workout

Oct. 6-29 LIVE Online, Zoom	T, Th Swanson	5-5:30 a.m. AREA-8506-TCFA	\$49
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Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

NEW! Strength Training FUNdamentals: Strengthen & Tone

No matter your age or athletic ability, strength training is the key to flexibility and mobility. Anyone at any fitness level can strength train and it doesn't have to take hours in a gym. Join us for the FUNdamentals of strength training and discover the most effective strength training moves suitable for home- or gym-based workouts.



Keyword: Strength

Oct. 6 Lincoln, CEC, 302	T Stutzman	6-8 p.m. LLLX-2260-CEFA	\$29
Oct. 24 LIVE Online, Zoom	S Stutzman	9-11 a.m. LLLX-2260-TCFB	\$29

NEW! Strength Training FUNdamentals: Tone & Eat Right

Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don't have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.



Keyword: Strength

Oct. 8 Lincoln, CEC, 214	Th Stutzman	6-8 p.m. LLLX-2261-CEFA	\$29
Oct. 22 LIVE Online, Zoom	Th Stutzman	9-11 a.m. LLLX-2261-TCFB	\$29

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. 7-Nov. 11 Lincoln, CEC, 303	W Lamb	6-8 p.m. LLLX-0303-CEFA	\$69
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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.

Keyword: Pilates

Oct. 5-Nov. 23 Lincoln, HTCH	M Ogden	6:15-7:15 p.m. LLLX-1523-OCFA	\$69
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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

Oct. 6-Nov. 24 Lincoln, HTCH	T Ogden	6:15-7:15 p.m. LLLX-1709-OCFB	\$69
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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.

Keyword: Chi

Oct. 12-Nov. 9 Lincoln, CEC, 302	M Marsh	6:30-8 p.m. LLLX-1712-CEFB	\$69
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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.)



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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 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

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.

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