Mind & Body
Winter 2021

Conflict Shocks & Your Health
What if the conflict shocks we experience in life are contributing to symptoms we experience? What if our symptoms are actually signs of our body’s natural healing process? We will discuss how conflict shocks, encountered by our psyche, and initiate programs in the body to support us through the conflict and healing process. Learn a new way of looking at symptoms and gain a new level of understanding.

Intro to Energy Testing
Discover how to communicate with the body’s energies in ITS Language Energy Testing. 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.

Energy Medicine for Immune Health
The health of our energy body and the health of our physical body is intricately connected. Keeping your energy body systems strong and resilient is the basis for a healthy body and robust immune system. You will discover techniques from ancient world healing traditions including Chinese Medicine, the Energy Meridian System and more. Learn energy self-care techniques to use preventatively and when symptoms let you know the body requires your attention.

Keyword: Health
Keyword: Energy
Keyword: Energy

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.

Gentle Yoga
Chair, standing or mat positions.

Keyword: Yoga
Keyword: Yoga
Keyword: Yoga

Yoga & Pilates
All experience levels welcome.

Keyword: Yoga
Keyword: Yoga
Keyword: Yoga

Fundamentals of Yoga
Basic posture and breathing.

Keyword: Yoga
Keyword: Yoga
Keyword: Yoga

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!

Keyword: Yoga
Keyword: Yoga
Keyword: Yoga

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 continuinged@southeast.edu
**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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23</td>
<td>9-10 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Stutzman</td>
<td>$29</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 6</td>
<td>9-10 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Stutzman</td>
<td>$29</td>
</tr>
</tbody>
</table>

**NEW! Let’s Do Lunch: Exploring Apps (Health & Wellness)**

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.

Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

**Keyword: Exploring**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 13</td>
<td>Noon-1 p.m.</td>
<td>AREA-6665-TCSA</td>
<td>Stutzman</td>
<td>$10</td>
</tr>
</tbody>
</table>

---

**NEW! Personal & Professional Refocus**

With many stressors competing for our time, life can seem overwhelming. In the buzz of work, family, physical distancing, protecting our health, and caring for others, we can lose our center. Mindfulness is not just meditation or yoga; it is a way of being in the world. In this workshop, learn about and practice modern-day mindfulness by exploring a grounding technique, best practices and everyday applications. Come away with a clearer directive for the days that lie ahead.

**Keyword: Refocus**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 26-Feb. 9</td>
<td>10-11:30 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>BSAD-3033-TCSA</td>
<td>$99</td>
</tr>
</tbody>
</table>

---

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](https://bit.ly/scceonlinecourses).*

---

**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 800-828-0072 or continuinged@southeast.edu
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.