

Mind & Body

Winter 2021

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.

Keyword: Massage

Feb. 8	M	6-9 p.m.	\$29
Lincoln, CEC, 302	Ohlson	LLLX-0575-CESA	

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: Energy

Jan. 13-27	W	6:30-7:30 p.m.	\$59
LIVE Online, Zoom	Williams	LLLX-2249-TCSA	

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.



Keyword: Energy

Jan. 11	M	7-9 p.m.	\$29
LIVE Online, Zoom	Weishahn	BBBX-1261-TCSA	

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.



Keyword: Health

Jan. 25	M	6:30-8 p.m.	\$24
LIVE Online, Zoom	Weichel	BBBX-1249-TCSA	

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.)



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>.

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

Basic posture and breathing.

Keyword: Yoga



Jan. 19-March 9	T	7-8 p.m.	\$69
LIVE Online, Zoom	Whittle	LLLX-1701-TCSA	
Jan. 25-March 15	M	7:30-8:30 p.m.	\$69
Lincoln, HTCH	Ogden	LLLX-1701-OCSA	

Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Keyword: Yoga

Jan. 27-March 17	W	7:30-8:30 p.m.	\$69
Lincoln, HTCH	Ogden	LLLX-1755-OCSA	

Yoga II

Prerequisite: Yoga I (LLLX-1755)

This is a continuation of Yoga I.

Keyword: Yoga

Jan. 28-March 18	Th	6:30-7:30 p.m.	\$69
Lincoln, HTCH	Ogden	LLLX-1744-OCSA	

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

Jan. 21-March 11	Th	7-8 p.m.	\$69
LIVE Online, Zoom	Whittle	LLLX-1695-TCSA	

Gentle Yoga

Chair, standing or mat positions.

Keyword: Yoga



Jan. 25-Feb. 22	M	4:30-5 p.m.	\$19
LIVE Online, Zoom	Schroller	BBBX-1538-TCSA	
March 8-April 5	M	4:30-5 p.m.	\$19
LIVE Online, Zoom	Schroller	BBBX-1538-TCSB	

Yoga & Pilates

All experience levels welcome.

Keyword: Yoga



Jan. 25-Feb. 22	M	5:30-6:30 p.m.	\$35
LIVE Online, Zoom	Schroller	BBBX-1537-TCSA	
March 8-April 5	M	5:30-6:30 p.m.	\$35
LIVE Online, Zoom	Schroller	BBBX-1537-TCSB	

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

Jan. 13 Lincoln, CEC, 303	W Stutzman	5:30-6:30 p.m. LLLX-2260-CESA	\$29
Jan. 23 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2260-TCSA	\$29

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

Feb. 3 Lincoln, CEC, 214	W Stutzman	6-7 p.m. LLLX-2261-CESA	\$29
Feb. 6 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2261-TCSA	\$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

Feb. 3-March 10 Lincoln, CEC, 304	W Lamb	6-8 p.m. LLLX-0303-CESA	\$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

Jan. 25-March 15 Lincoln, HTCH	M Ogden	6:15-7:15 p.m. LLLX-1523-OCSA	\$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

Jan. 26-March 16 Lincoln, HTCH	T Ogden	6:15-7:15 p.m. LLLX-1709-OCSA	\$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.)

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



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

Jan. 26-Feb. 9 LIVE Online, Zoom	T Post	10-11:30 a.m.	\$99
Registration Deadline: Jan. 22		BSAD-3033-TCSA	
March 25-April 8 LIVE Online, Zoom	Th Post	10-11:30 a.m.	\$99
Registration Deadline: March 23		BSAD-3033-TCSB	

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

Jan. 13 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSA	\$10
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BROWSE COURSES IN

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Business
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Computer Applications
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Health Care and Medical

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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.