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

Mats provided.

Keyword: Yoga

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<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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Chair Yoga

Learn modified yoga poses seated in a chair.

Keyword: Yoga

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NEW! How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s okay so long as you know how to put yourself back on a leash. The different types of coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed.

Keyword: Learning

May 6
LIVE Online, Zoom
Doma
AREA-6680-TCSA
$19

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.

You can sit on chairs or mats on the floor.

Keyword: Meditation

April 17-24
LIVE Online, Zoom
Blackwell
AREA-6685-TCSA
$19
Register Online

You must have an email account to register online.

2. 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
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.

* The College requires a student’s Social Security number as a condition for enrollment online. A student’s Social Security number constitutes an "educational record" under FERPA.

OR Register by Mail, Fax or In Person

E-mail Address
Home Phone
Business Phone

Registation 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

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 | Type
Ethnicity (Select one):]  [Hispanic or Latino] [Not Hispanic or Latino
Race (Select one or more):]  [White] [Asian] [American Indian/Alaska Native [Native Hawaiian/Other Pacific Islander [Black/African-American

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TOTAL DUE $ ________________

Would you like a receipt mailed to you?  [ ] Yes  [ ] No

SCC Staff Tuition Waiver ( )

FOR OFFICE USE ONLY
ID # ____________________
DE ____________________

Signature

[ ] Check  [ ] Cash  [ ] Mastercard  [ ] AMEX  [ ] Discover  [ ] VISA  [ ] 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.

Submissions of this form indicate that I understand: [ ] that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; [ ] that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit written notice of withdrawal to the |||| School/Office; [ ] that I agree that any changes in enrollment in courses will be officially recorded only upon notification made in writing to the Office of the |||| Registrar; [ ] that I understand that if I withdraw from any course after the campus wide deadline, I may receive a grade of "W" and I understand the implications of "W" grades; [ ] that I understand that if I fail to complete the course, a grade of "F" will be recorded; [ ] that I understand that if I withdraw from any course after the campus wide deadline, I may receive a grade of "W" and I understand the implications of "W" grades; [ ] and that I understand that if I withdraw from any course after the campus wide deadline, I may receive a grade of "W" and I understand the implications of "W" grades.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.