

Mind & Body

Summer 2021

NEW! Herbal Elixirs

Discover how to make refreshing and uplifting herbal elixirs. We will look at a few locally available medicinal plants along with a discussion and demonstration on how to brew up your own herbal elixirs at home. These recipes are fun, easy to make and a great way to quench your interest in herbalism.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

July 12 Lincoln, CEC, 302	M Svoboda	6-8 p.m. LLLX-2033-CEUA	\$29
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NEW! What are Cannabinoids?

Increasing market awareness of cannabinoids creates a fast-moving and exciting segment of the marijuana and hemp industry. Product manufacturers, researchers and regulatory bodies are all racing to sort out how to address the fact that everyone from PTSD sufferers to soccer moms to cancer communities to mental health practitioners all want these cannabinoids now for their health and wellness, medicinal and lifestyle attributes. Let's sort out fact from fiction, talk about the existing scientific and clinical data, and cover some of the challenges to continued market development.

Leading this class is Dr. Andrea Holmes, Director of Cannabis Studies and Professor of Chemistry at Doane University.

Keyword: Cannabinoids

July 17 Lincoln, CEC, 302	S Holmes	9 a.m.-Noon LLLX-1999-CEUA	\$39
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Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place



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 yoga mat to class. Choose a location and class to fit your needs.

Fundamentals of Yoga

Basic posture and breathing.

Keyword: Yoga

July 12-Aug. 30 Lincoln, CEC, 111	M Georgeson	7:30-8:30 p.m. LLLX-1701-CEUA	\$69
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Yoga I

Prerequisite: Fundamentals of Yoga (LLLX-1701)

This is a continuation of the fundamentals class.

Keyword: Yoga

July 14-Sept. 1 Lincoln, CEC, 111	W Georgeson	7:30-8:30 p.m. LLLX-1755-CEUA	\$69
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Yoga II

Prerequisite: Yoga I (LLLX-1755)

This is a continuation of Yoga I and further exploration of mind/body/breath awareness.

Keyword: Yoga

July 15-Sept. 2 Lincoln, CEC, 111	Th Georgeson	6:30-8 p.m. LLLX-1744-CEUA	\$79
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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

July 12-Aug. 30 Lincoln, CEC, 111	M	6:15-7:15 p.m. LLLX-1523-CEUA	\$69
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Continuing Pilates

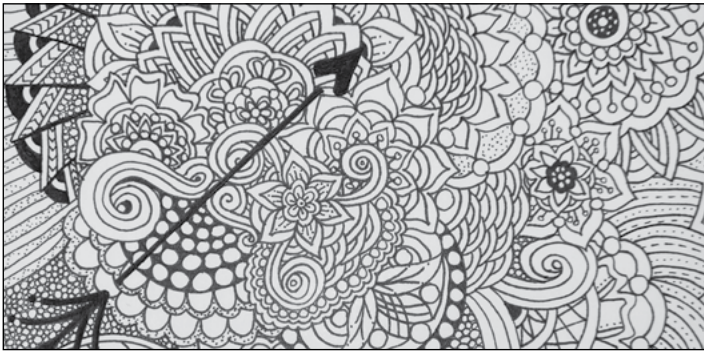
Prerequisite: Introduction to Pilates (LLLX-1523) or instructor permission
Focus on adding new exercises in mat work. Challenge your core strength, endurance and flexibility.

Instructor is certified in Stott Pilates. Wear comfortable clothing and bring a thick towel to class. This is not a beginning class.

Keyword: Pilates

July 13-Aug. 31 Lincoln, CEC, 111	T	6:15-7:15 p.m. LLLX-1709-CEUA	\$69
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For more information, contact us at 800-828-0072 or continuing@southeast.edu



NEW! How About a New Way to Learn Mindfulness? Try Meditative Mandalas

Mandalas are an object of meditation to aid in one's spiritual development. You will learn the basic geometric doodles of these circular designs while practicing mindfulness skills, breathing exercises and expressions of gratitude.

A fine-tip marker pen and a few sheets of paper are all you need to take part in this class.



Keyword: Mandalas

Sept. 7-21 T 6-7 p.m. \$29
LIVE Online, Zoom Roseberry AREA-6744-TCFWA

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. You can affect your own energy with simple techniques you can use daily for optimum health and vitality. Participate in demonstrations of how these systems affect our whole being: body, mind and emotions.

Keyword: Energy

Aug. 16 M 6-8 p.m. \$35
Lincoln, CEC, 404 Williams LLLX-0867-CEUA

Balancing Hormones with Energy Medicine

Hormones are the chemical messengers that keep your body humming. They influence how you adapt to changes in the environment both internally and externally. Discover the basics of how to affect the hormones, the glands that produce them and the organs that produce them using Energy techniques that are helpful for men and women.

Keyword: Energy

Sept. 9 Th 6-7:30 p.m. \$29
Lincoln, CEC, 405 Williams LLLX-2226-CEFA

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 OK 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. Management strategies, techniques and tools will be presented and discussed.



Keyword: Learning

Sept. 16 Th 6-8 p.m. \$19
LIVE Online, Zoom Toma AREA-6680-TCFWA

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place



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



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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
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**. **Print** this page 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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

* 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.