NEW! Meditative Mandalas
Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.

Bring to class a fine-tip marker and paper.

**Keyword: Mandalas**

| Oct. 12-19 | Lincoln, CEC, 111 | T | 6-7:30 p.m. | $29 |
| Oct. 2-9 | Lincoln, CEC, 403 | T | 6-7:30 p.m. | $29 |

**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.

If enrolling in the Couples section, please complete a registration form for both participants.

**Keyword: Massage**

| Individuals | Oct. 25 | Lincoln, CEC, 302 | M | 6-9 p.m. | $29/person |
| Couples | Oct. 25 | Lincoln, CEC, 302 | M | 6-9 p.m. | $49/couple |

NEW! Herbal Support in Cold & Flu Season
Let’s focus on healing herbs (four) and a medicinal mushroom to help keep you and yours healthy through the cold and flu season. We will focus on prairie plants that can be cultivated or found locally to emphasize a connection to the ecosystem in which we live.

Recipes and information will be shared to support you in expanding your home apothecary.

**Keyword: Herbal**

| Oct. 4-6 | Lincoln, CEC, 102 | M, W | 6:30-8 p.m. | $29 |

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**

| Oct. 21 | LIVE Online, Zoom | Th | 6-8 p.m. | $19 |

Mind & Body
Fall 2021

**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.

**Keyword: Yoga**

| Oct. 4-Nov. 29 | Lincoln, CEC, 111 | M | 7-8:15 p.m. | $69 |
| Oct. 4-Nov. 29 | Lincoln, CEC, 111 | T | 7-8:15 p.m. | $69 |

**Yoga Basics**
New to yoga or want a basic practice? This is perfect for you!

**Keyword: Yoga**

| Yoga Styles | Oct. 5-Nov. 30 | Lincoln, CEC, 111 | T | 7-8:15 p.m. | $69 |

**Body Sculpting: Butts & Guts**
Join our special-focus class just for your lower body! The belly and buttocks muscles are the focus for shaping, along with increasing lower-body strength, burning fat and building lean muscle. How to utilize proper form to avoid injury and gain results also are discussed.

Wear comfortable, loose clothes.

**Keyword: Sculpting**

| Oct. 4-6 | Lincoln, CEC, 102 | M, W | 6:30-8 p.m. | $29 |
| Oct. 4-6 | Lincoln, CEC, 102 | M, W | 6:30-8 p.m. | $29 |

**Cardio Boxing Class**
Cardio boxing offers a high-intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It helps to build stamina, improve flexibility and burn calories while building lean muscle.

No equipment needed. Need to wear comfortable clothes and supportive shoes.

**Keyword: Cardio**

| Oct. 2-23 | LIVE Online, Zoom | S | 9-10 a.m. | $31 |

For more information, contact us at 808-828-0072 or continuinged@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. ADA Reasonable Accommodations: SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.
**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 information constitutes an “educational record” under FERPA.*

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**OR Register by Mail, Fax or In Person**

**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

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

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Residence Mailing Address

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I identify as: [ ] Male [ ] Female

[ ] Nebraska Resident [ ] Non-Resident

Ethnicity (select one):

- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

Race (Select one or more):

- [ ] White
- [ ] Black/African-American
- [ ] American Indian/Alaska Native
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander

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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 # __________________

Today’s Date __/__/____

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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 course(s) I select; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; 3) that my request to Continuing Education; 4) that failure to attend a course does not constitute an official drop/withdrawal; 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., Platte, NE 68046, or jsoto@southeast.edu.