

Mind & Body

Fall 2021

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

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| Oct. 12-19 LIVE Online, Zoom | T Roseberry | 6-7:30 p.m. AREA-6744-TCFWB | \$29 |
| Nov. 2-9 Lincoln, CEC, 403 | T Roseberry | 6-7:30 p.m. LLLX-0996-CEFA | \$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

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| Oct. 25 Lincoln, CEC, 302 | M Ohlson | 6-9 p.m. LLLX-0575-CEFA | \$29/person |
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Couples

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| Oct. 25 Lincoln, CEC, 302 | M Ohlson | 6-9 p.m. LLLX-0575-CEFB | \$49/couple |
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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

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| Oct. 4-6 Lincoln, CEC, 102 | M, W Svoboda | 6:30-8 p.m. LLLX-1673-CEFA | \$29 |
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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

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| Oct. 21 LIVE Online, Zoom | Th Toma | 6-8 p.m. AREA-6680-TCFWB | \$19 |
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Location Key

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

For more information, contact us at 800-828-0072 or
continuingedu@southeast.edu

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.

Yoga Basics

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

Keyword: Yoga

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| Oct. 4-Nov. 29 Lincoln, CEC, 111 | M Georgeson | 7-8:15 p.m. No class Nov. 1 | \$69 LLLX-1701-CEFA |
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Yoga Styles

Learn the different forms of yoga, from yoga nidra to flow and everything in between. We'll practice a different style each week.

Keyword: Yoga

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| Oct. 5-Nov. 30 Lincoln, CEC, 111 | T Georgeson | 7-8:15 p.m. | \$69 LLLX-2012-CEFA |
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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

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| Nov. 6-Dec. 4 LIVE Online, Zoom | S Waters | 9-10 a.m. No class Nov. 27 | \$31 AREA-8505-TCFWA |
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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

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| Oct. 2-23 LIVE Online, Zoom | S Waters | 9-10 a.m. AREA-8523-TCFWA | \$31 |
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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/sccceonlinecourses>.

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**. **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.

* 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.

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|--|--|---|---|---|---|----------------|
| 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"/> X (Gender variant/Non-binary) | | <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.