

Mind & Body

Fall 2023



NEW! Sound Healing & Crystal Bowl Sound Bath

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Healing**

Oct. 18	W	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFA	

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.

Participants can sit on chairs or mats on the floor.

Keyword: Meditation

Nov. 9-16	Th	6-7 p.m.	\$19
LIVE Online, Zoom	Roseberry	AREA-6685-TCFWA	

T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes. **Keyword: Chi**

Oct. 2-Nov. 20	M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-CEFA	

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

Oct. 3-Nov. 21	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Pleskac	LLLX-1701-CEFA	



NEW! Cardio Drumming

Join us for a new fitness trend, cardio drumming. Combining music, drumsticks and an exercise ball, create a full body workout for any fitness level. Turn simple movements and keeping a rhythm into a fun and motivating workout.

Bring a stability ball, and sticks (drumsticks, wooden spoons or a pool noodle cut in half) to class. **Keyword: Cardio**

Oct. 23-Nov. 27	M	5:15-6 p.m.	\$29
LIVE Online, Zoom		AREA-8524-TCFFA	

Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses and more.

Keyword: Meditation

Oct. 3-24	T	6-8 p.m.	\$69
Lincoln, CEC, TBA	Moorehead	LLLX-2018-CEFA	

Location Key

Lincoln, CECJack 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.

For more information, contact us at 402-437-2700 or continuing@southeast.edu

DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

NEW! Intro to Swing Dance 1

Learn the foundations of the club swing dances Blues, West Coast Swing and Salsa and impress your friends on the dance floor.

Complete a registration for each partner. **Keyword: Dance**

Sept. 28-Nov. 16	Th	6:30-7:30 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1542-OCFA	

NEW! Intro to Country Dancing 1

Traveling country dances such as Two step, Waltz and Triple Two Step will help you gain confidence to shine on the social dance floor.

Complete a registration for each partner. **Keyword: Dancing**

Oct. 1-Nov. 19	U	3-4 p.m.	\$89/couple
Lincoln, NEBD	Pritchard	LLLX-1525-OCFA	

Ballroom Dance

Fun for you and your partner as you discover the waltz, foxtrot, swing, and polka in a relaxed, informal atmosphere.

Wear hard sole shoes (no flip flops or loose shoes). Class is held in partnership with the Pla Mor Ballroom. Complete a registration for each partner. **Keyword: Dance**

Oct. 11-Nov. 15	W	7-8 p.m.	\$89/couple
Lincoln, PLA		LLLX-1549-OCFA	

For more information, contact us at 402-437-2700 or continuing@seu.edu

Belly Dance Mini Class

Shake and shimmy while having fun, improving core strength and increasing muscle tone. We will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing you can move in. **Keyword: Dance**

Sept. 21-Oct. 12	Th	6-7 p.m.	\$39
Lincoln, CEC, 304	Gregg		LLLX-1545-CEFA
Oct. 19-Nov. 16	Th	6-7 p.m.	\$39
Lincoln, CEC, 304	Gregg	No class Oct. 26	LLLX-1545-CEFB
Nov. 30-Dec. 21	Th	6-7 p.m.	\$39
Lincoln, CEC, 303	Gregg		LLLX-1545-CEFC

Continuing Belly Dance Mini Class

Join us for continuing belly dance to build on the foundations learned in the beginning class. Excellent exercise as you take your belly dancing to the next level. **Keyword: Dance**

Sept. 21-Oct. 12	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg		LLLX-1546-CEFA
Oct. 19-Nov. 16	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	No class Oct. 26	LLLX-1546-CEFB
Nov. 30-Dec. 21	Th	7-8 p.m.	\$39
Lincoln, CEC, 303	Gregg		LLLX-1546-CEFC

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center, 301 S. 68th St. Place
 Lincoln, NEBD Nebraska Ballroom Dance, 4820 Rentworth Drive
 Lincoln, PLA Pla Mor Ballroom, 6600 W. O St.

Check out all classes offered at southeast.edu/continuing
 Find us on Facebook® at [facebook.com/SCCNeb](https://www.facebook.com/SCCNeb)

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.



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 southeast.edu/academics/college-catalog.php for additional information.

PLEASE PRINT

Today's Date

___/___/___

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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php *The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.