

Mind & Body

Winter 2024

NEW! What's Your Vibe?

Discover methods for releasing negative emotions and thought patterns (or vibes) and allow you to focus more on the positive side of life which may bring peace, abundance and improved health into your life. This class is introductory in nature and a great opportunity to try a few different methods so that you can find a favorite or two to incorporate into your daily routine. **Keyword: Vibe**

Jan. 11	Th	6-8 p.m.	\$39
Lincoln, CEC, 403	Johns	LLLX-1996-CESA	

NEW! Herbal Stress Relief

Come enjoy a relaxing cup of tea as you learn about plants that help promote relaxation, as well as when and how to use them. We will be discussing teas, tinctures and herbal baths with a focus on plants that grow locally.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

Jan. 22	M	5:30-7:30 p.m.	\$39
Lincoln, CEC, 102	Svoboda	LLLX-0582-CESA	

NEW! Amorous Herbs

It's all about love! Come explore the erotic side of herbalism as we discuss plants that spark joy and desire. We will be making a botanical dessert together, with recipes and informational handouts about the herbs we discuss. **Keyword: Herbal**

Feb. 5	M	5:30-7:30 p.m.	\$39
Lincoln, CEC, 102	Svoboda	LLLX-2228-CESA	

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

Jan. 24	W	6:30-8 p.m.	\$29
Lincoln, CEC, 302	Kingery	LLLX-1690-CESA	



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

Jan. 11-Feb. 29	Th	5:30-6:30 p.m.	\$69
Lincoln, CEC, TBA		LLLX-1701-CESA	

Meditative Mandalas

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



Have a fine tip marker and paper ready for class. **Keyword: Mandalas**

Feb. 6-13	T	6-7:30 p.m.	\$29
LIVE Online, Zoom	Roseberry	AREA-6744-TCSWA	

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**

Jan. 22-March 11	M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-CESA	



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.

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, NEBD Nebraska Ballroom Dance, 4820 Rentworth Drive

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! More Intro to Swing Dance

Zydeco, East Coast Swing and Hustle . . . wow . . . impress your friends on the dance floor as you learn the foundations to club swing dances.

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

Jan. 11-Feb. 29	Th	6:30-7:30 p.m.	\$89/couple
Lincoln, NEBD	Fritz	LLLX-1541-OCSA	

Latin Medley

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Your dance guides are from Vintage Ballroom dance in competitions around the Midwest. Wear hard sole shoes – no flip flops or loose shoes. **Keyword: Latin**

Feb. 9-March 15	F	6:30-7:30 p.m.	\$89/couple
Lincoln, CEC, 303		LLLX-1548-CESA	

NEW! More Intro to Country Dance

More country dance fun! Learn the foundations of stationary country dances: Country Cha Cha, Nightclub Two Step and Pony Swing.

Keyword: Country

Jan. 7-Feb. 25	U	3-4 p.m.	\$89/couple
Lincoln, NEBD	Fritz	LLLX-1526-OCSA	

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**

Jan. 11-Feb. 1	Th	6-7 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1545-CESA	
Feb. 8-29	Th	6-7 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1545-CESB	
March 7-28	Th	6-7 p.m.	\$39
Lincoln, CEC, 303	Gregg	LLLX-1545-CESC	

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**

Jan. 11-Feb. 1	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CESA	
Feb. 8-29	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CESB	
March 7-28	Th	7-8 p.m.	\$39
Lincoln, CEC, 303	Gregg	LLLX-1546-CESC	

Line Dance

It's not a party until everyone is line dancing! A fun way to dance socially without a partner, too.

Wear hard sole shoes. No flip flops or loose shoes. **Keyword: Dance**

Feb. 9-March 15	F	7:45-8:45 p.m.	\$89
Lincoln, CEC, 303		LLLX-1527-CESA	

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

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

Today's Date

___/___/___

* Required

PLEASE PRINT

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.

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 Mastercard AMEX Discover VISA V Code _____

(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

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

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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.

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
southeast.edu/business-and-community/index.php

* 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.