

Mind & Body

Spring 2024



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

| | | | |
|--------------------|---------|----------------|------|
| April 3-May 22 | W | 6:30-7:30 p.m. | \$69 |
| NE City, NCLC, 104 | McNeely | AREA-8651-NCSA | |

Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early! **Keyword: Dance**

| | | | |
|------------------------|------|-----------------|----------------|
| May 6-June 3 | M | 7-9 p.m. | \$45/person |
| NE City, NSES, Commons | Monk | No class May 27 | AREA-4970-NCSA |

NEW! Dream Interpretation & Journaling

Why do some dreams leave you sleeping peacefully while others startle you awake? We will take a deeper dive in this interactive class on how to interpret dreams and how to use them to work through your stressors in life. You will go deeper into analyzing your dreams and will receive one-on-one feedback on your dream journal and coaching to strengthen your journaling technique to better interpret your dreams.



You will receive a dream journal in the mail from your instructor prior to the first class. **Keyword: Dream**

| | | | |
|---------------------------------|-------|---------------|------|
| April 2-16 | T | 6:30-8 p.m. | \$99 |
| LIVE Online, Zoom | Stuhr | | |
| Registration Deadline: March 26 | | LLX-2024-TCSA | |

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. Different types of coping skills will be explored, along with their triggers. Different management strategies, techniques and tools will be presented and discussed.



Keyword: Learning

| | | | |
|-------------------|-----|-----------------|------|
| April 22 | M | 6-8 p.m. | \$19 |
| LIVE Online, Zoom | Ord | AREA-6680-TCSWA | |

A 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

| | | | |
|-------------------|-----------|-----------------|------|
| May 9-16 | Th | 6-7 p.m. | \$19 |
| LIVE Online, Zoom | Roseberry | AREA-6685-TCSWA | |



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.



ed2go.com/scce

BROWSE COURSES IN

Accounting and Finance

Business

College Readiness

Computer Applications

Design and Composition

Health Care and Medical

Language and Arts

Law and Legal

Personal Development

Teaching and Education

Technology

Writing and Publishing

Location Key

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.

NE City, NSES..... Northside Elementary School, 1200 14th Ave.

For more information, contact **Cindy Meyer** at
402-323-3636 or cmeyer@southeast.edu

Check out all classes offered at southeast.edu/NebraskaCityLC

Find us on Facebook at facebook.com/SCCLearningCenteratNebraskaCity

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

* 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 | | | * <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home | | 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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American | |

| COURSE NUMBER | TITLE | START DATE | COST |
|---------------|-------|------------|------|
| - | - | - | \$ |
| - | - | - | \$ |
| - | - | - | \$ |

SIGNATURE

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

V Code _____

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? <input type="checkbox"/> Yes <input type="checkbox"/> No |
|---|

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.

| |
|------------------------------|
| SCC Staff Tuition Waiver () |
| TOTAL DUE |
| FOR OFFICE USE ONLY |
| ID# _____ |
| DE _____ |