

Mind & Body

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NEW!

Calling all gardeners! We will be discussing best harvesting practices and approaches for drying and preserving all types of herbs.

Informational handouts and recipes will be shared. Your instructor is a clinical and community herbalist.

Sept. 3	T	5:30-7:30 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX2076-CEFA	

Herbal Elixirs

Join the fun and learn to make refreshing and uplifting herbal elixirs. Through storytelling, botany and folklore we will get to know a few local plants. Then participants will mix up their own elixirs as we raise a toast to summer.

Your instructor is a clinical and community herbalist. There is a \$5 cash supply fee payable in class.

July 22	M	6-8 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX2033-CEUA	

NEW!

Discover how your thought patterns prevent you from getting results in your efforts to better your reality (or life). Discover four easy techniques that are proven to improve your life by releasing negative thought patterns and raising your overall energy. Add to your daily routine to transform your life and manifest more wealth, peace and improve health.

July 20	S	9:30 a.m.-Noon	\$39
Lincoln, CEC, 404	Johns	LLLX2155-CEUA	

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. You will be introduced to concepts related to cymatics (science of visualizing sound frequencies) and meditation.

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.

July 8	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX1690-CEUB	
Aug. 20	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX1690-CEFA	
Sept. 11	W	6:30-8 p.m.	

Aug. 27	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX2138-CEFA	
Sept. 25	W	6:30-8 p.m.	\$29
Lincoln, CEC, 302	Kingery	LLLX2138-CEFB	

NEW!

Bridge is a game of communication, and using a few conventions, it can be very useful tools in the communication process and truly making your Bridge life so much easier. Knowing and using these conventions is helpful to all Bridge players. We will focus on these six conventions: Stayman, Jacoby Transfers, Opening Weak Bids, Opening Strong Bids, Doubles, and Negative Doubles.

This class is designed for a more experienced Bridge player.

Aug. 20-Sept. 5	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX2367-CEFA	

BROWSE COURSES

- Accounting and Finance
- Language and Arts
- Business
- Law and Legal
- College Readiness
- Personal Development
- Computer Applications
- Teaching and Education
- Design and Composition
- Technology
- Health Care and Medical
- Writing and Publishing

Location Key

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

NEW!

Prerequisite: Beginning Bridge

On an average day of Bridge, you will play defense half of the day. Join us as we discuss some of the following: leads, signals, second-hand play, third-hand play, clues from the bidding, leading the right card in the opening lead and in the middle of play, and counting tricks for the defense.

July 30-Aug. 15 T, Th 9:30-11:30 a.m.

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.

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You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies are welcome and that means you! Modifications are taught for all fitness levels. We'd love to work with you.

Wear comfortable clothing you can move in. ' j Ê Á 6 m Ž j ± 7 T % f j

July 11-Aug. 1	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX1545-CEUB	
Sept. 5-26	Th		

You must have an email account to register online.