

Mind & Body

Summer 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 fancy prices. If you need a refund, please contact SCC at 402-437-4444. For more information, contact Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-4444.

PLEASE PRINT

Today's Date

___/___/___

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.

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 the policies and procedures of SCC.

You must have an email account to register online.