

UPCOMING CLASSES

All in-person Lifelong Learning classes are held in the John N. Harms Center unless otherwise stated.
For more information, visit go.wncc.edu/lifelonglearning or call 308.635.6700.

YOGA SERIES

**\$10, each class
6:00 – 7:00 p.m.**

Yoga is for everyone – for people with or without a disability and people who are or are not flexible. Practicing yoga can increase physical strength and flexibility, respiratory efficiency, improve sleep, reduce depression and anxiety, reduce effects of trauma, reduce pain and inflammation, and calm the nervous system. Yoga is very popular in our culture because we are so busy, distracted, and plugged in. We crave the quiet and calm the practice of yoga can create. This beginner workshop is appropriate for all levels.

Therapeutic Chair Yoga for Your Workspace

Feb. 24

Transition Yoga – Taking Basic Postures from the Chair to the Mat

March 3

Beginner Hatha Yoga - The Breath of Life

March 10

Beginner Hatha Yoga for Relaxation

March 17

Beginner Hatha Yoga for Stress Relief

March 24

The Yoga-Heart Connection

March 31

Beginner Hatha Yoga – Focus on Back Pain Relief

April 7

Please note:

Facial coverings and social distancing will be required for all in-person classes. Class sizes will be modified to adjust for proper social distancing.

ZUMBA®

**Feb 22 – Apr 28 (10 weeks) (M, W)
5:30 – 6:20 p.m., \$40**

Always wanted to try Zumba but were intimidated by the fast pace and expert moves? Just getting started on your fitness journey? Are you an active senior looking for a new challenge? Then this FUN and EASY class is for you! Sign up with a friend and you both get a \$5 discount.

Ko Heichi Fitness: Bushidokan

**Mar 1 – 31, or Apr 5 – 28 (M, W)
6:00 – 7:00 p.m.**

Single: \$30; Family: \$45 (up to 4)

Known as "an original U.S. MMA," Bushidokan is deeply rooted in the history of American martial arts with multiple world titleholders and respected self-defense experts. Bushidokan has borrowed techniques from more than 10 different martial arts and three primary systems: karate, judo, and jiu jitsu. Recognized worldwide for its self-defense, Bushidokan's tactics have been tested in diverse situations including life-or-death defense by citizens, law enforcement, and elite military groups such as Green Berets, Rangers, Navy SEALs, and others. With more than 30 years of experience, instructor Brent L. Anderson was promoted to black belt by the Bushidokan founder, Jim "Ronin" Harrison, and Ko Heichi Bushidokan has been granted Certified Training Center (CTC) status. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!

Introduction to Ceramic Wheel Throwing and Hand Building

**Mar 6, or Mar 20, or Apr 17
9:00 a.m. – 12:00 p.m., \$23**

Ages: 10 and up

**Der Topfer, 1211 3rd Ave.,
Scottsbluff**

Have you always wanted to try your hand on a pottery wheel? Here's your chance! This is an introductory class offering students the opportunity to

throw on a pottery wheel and learn hand-building clay techniques. A brief introduction of ceramics and ceramic tools, description, and use will be included. Projects will not be completed in the three-hour class, but students can continue in ceramics classes or set up private lessons with the instructor. All materials provided. Class size is limited to six.

Safe Babysitting Clinic

**Mar 12 (F) 8:00 a.m. – 5:00 p.m.
Mar 13 (SA) 8:00 a.m. - 12:00 p.m., \$55
(includes lunch on Friday only)**

Ages 10 – 15

Earn a certificate from our Safe Babysitting Clinic. WNCC faculty teach the American Heart Association Family and Friends CPR for adult, child, and infant; basic first aid; choking rescue techniques; and use of an AED. The instructor for this course is Janelle Anderson. In this class, she will provide 16 hours of babysitting instruction on safety, food preparation, safe play, and age-appropriate activities. Learn about accepting babysitting jobs, negotiating pay, and exploring an early childhood education career.

QuickBooks™ Basics

**Mar 17, or Apr 14 (W)
9:00 a.m. – 5:00 p.m., \$70**

Are you new to QuickBooks™?

Would you like to learn how to set up QuickBooks to make it more effective for you or your business? Please join us for a full-day class that focuses on the basics of setting up your QuickBooks software. This is a basic class for the desktop version of QuickBooks. Feel free to attend regardless of the version of QuickBooks you currently use. Please note: This class does not cover payroll or taxes.

Developing Skills for Mindfulness

**Mar 17 – Mar 31 (W)
6:00 – 7:30 p.m., \$25**

To learn mindfulness skills, we will be using art, exercise, and belly breathing so that we can live more fully in the body. By being in our body, we will be able to live in what has been called the

"Eternal Now," by Eckhardt Tolle and many others for centuries! Mindfulness has been shown, not only by centuries of experience, but by more recent research to help alleviate or even rid ourselves of such emotional conditions as depression, anxiety, and trauma. Come learn, in a group setting, the art, skill, and lifestyle of Mindfulness. Your instructor, Patrick Powers, is a licensed mental health therapist.

Live Differently 2021

7-Steps to Achieving Less Stress More Balance and Greater Purpose

**Mar 18 – Apr 8 (TH)
6:30 – 8:00 p.m., \$40**

The pandemic has amplified struggles with debt, marriage, and finding time for family and friends. If you feel like you're overworked, overscheduled, and wondering why your family, finances, marriage, and health feel out of balance, this course is for you. Join certified Oola Life Coach Peggy Hinman, and discover how Oola can help you get your life back in balance. Oola is a 7-step formula designed to lower stress, and make space for a life of purpose, success and satisfaction in seven key areas: fitness, finance, family, field (career), faith, friends, and fun. Perfected over the last 22 years, Oola can help anyone plan, pursue, and achieve the life of their dreams. These are the actual strategies many of the world's leading entrepreneurs, educators, philanthropists, corporate executives, and thought leaders use for managing life changes and crises.



**Western Nebraska
Community College**