

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 yoga studios. If you need a refund, contact Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-4444

Today's Date

___/___/___

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(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 _____

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FOR OFFICE USE ONLY

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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 of the program.

You must have an email account to register online.