

Basic Cosmetology - Week 22

S.no.	Week no.	Name of Topic	No. of Hours
1	22	<u>Yogic Suksham Vayayam</u> <ul style="list-style-type: none">• Procedure	6
2		<ul style="list-style-type: none">• Benefits	
3		<ul style="list-style-type: none">• Precautions	
4		<u>Surya Namaskar Yogic Sthool Vayayam</u> <ul style="list-style-type: none">• Procedure	
5		<ul style="list-style-type: none">• Benefits	