



Marine on the Mat: Patanjali's Eight Limbs of Yoga - from Parris Island to Mysore India

Rishi Eric Infanti

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“**Marine on the Mat**” is written primarily for all *Yoga Studios*, the *passionate professional Yoga Teacher* and *aspiring new Yoga teachers*, as well as *Yoga practitioners and enthusiasts*. It is also written for our *military, veterans, and their families that support them*.

“Marine on the Mat”, written by Rishi Eric Infanti. The book is designed to:

- educate the general public, Yoga teachers and practitioners, and additionally for our military; the Marines, Soldiers, Seaman, and Airman of the powerful transformational aspects of Yoga
- and explain the system of the Eight Limbs of Yoga described by Patangali in his Yoga sutras
- from his U.S. Marine Recruit experiences in boot camp, Parris Island to his 7-week journey to Mysore India
- all while inspiring them to discover impactful ways to integrate Yoga into their daily lives

Our military serves our country by choice, we choose to serve and protect our home, and a free way of life with honor. In doing so, we endure a great deal of both physical and psychological trauma and patterning to prepare and execute such a mission.

Here is the blueprint of the benefits of Yoga to all of humanity, especially to support our military and veterans, in hopes to allow peace into their lives as it has mine.

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