

## One-Pointedness (Ekagrata)

I was speaking to a journalist about a project of mutual interest. She opened the conversation by apologizing that she has been out of touch because she has been buried in her writing. To illustrate her focus, she asked me if I had ever seen an animal crouching, and then moving slowly toward its prey. I recalled a memorable afternoon in Patagonia where I witnessed a fox stalking a rabbit. Although I was close by, the fox seemed oblivious to my presence, having full mindfulness on the activities of the rabbit and moving with ease to ensure that the rabbit was unaware of the fox. One-pointedness, or ekagrata, is a practice that I become especially aware of when I compare and contrast life in Chicago compared with Shree Muktananda Ashram, a meditation retreat in the Catskills of New York.

### Asanas



Parsva  
Padangusthasana  
Reclined Twist



Parsvakonasana  
Side Angle Stretch  
(variation)



Virabhadrasana 2  
Warrior 2



Parsvakonasana  
Side Angle Stretch  
(variation)



Setu Bandha  
Sarvangasana  
Bridge



Parsvottanasana  
Triangle Forward  
Bend



Virasana  
Hero



Gomukhasana  
Cow-face pose



Ardha  
Matsyendrasana  
Seated Twist



Maricyasana III  
Pose of Sage Marici

**Application.** Hatha yoga is especially useful in working on ekagrata. As the mind pulls fills with more and more thoughts, the postures enable us to discipline the mind and focus on single activities and thoughts. In my practice, there are so many asanas that I am drawn to that are so effective for mindfulness in motion – especially standing poses, inversions, backbends, and twists. As you work in these postures, use the breath to keep your focus in the pose.

Photos by Alyce Henson.

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