

How to say Takbeer in Salat for Women



Position Notes

- Arms close to body
- Fingers in natural state. Not too tight and not too far
- Palms parallel to each other
- Palms towards Qibla. Do the best you can to face your palms towards Qibla but do not force it too much
- Remember to keep hands under shawl at all times. Hands are exposed in these images for instructional purpose only. The girl in the pictures is not an adult
- Please also watch the video from our 'Lean Now' section



Standing (Qayam) in Salat for Women



Feet Position Notes

- **Fingers towards Qibla.**
- **Feet parallel to each other**
- **Space of about 3 to 4 inches between feet.**



Hands Position Notes

- **Hands will be placed above chest, not on chest**
- **Right hand on top of left hand**
- **Fingers in natural state. Not too tight and not too far**
- **Eyesight towards the place of Sajdah. Where you will place your face in Sajdah**
- **Remember to keep your body covered and hands under shawl at all times. Hands are exposed in these images for instructional purpose only. The girl in the pictures is not an adult. Please see the front view at the bottom of this page**
- **Please also watch the video from our 'Lean Now' section**



Ruku (bowing down) position in Salat for Women



Position Notes

- Bend your back only far enough to touch their knees, like a bow
- Palms placed on Knees in natural position.
- Space of about 3 to 4 inches between feet.
- Eyesight towards in between feet
- Remember to keep hands under shawl at all times. Hands are exposed in these images for instructional purpose only. The girl in these pictures is not an adult
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Sajdah (Prostration) position in Salat for Women



Position Notes

- Gather yourself in a way so that all your body parts are close together and abdomen placed over your thighs
- Both feet and ankles sticking out to the right
- Hips touching the ground
- Palms placed on mat in natural position as discussed in other postures.
- Remember to keep your body covered and hands under shawl at all times. Hands and legs are exposed in these images for instructional purpose only. The girl in the pictures is not an adult. Please see the other views below
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Hands Position Notes

- Fingers towards Qibla.
- Feet parallel to each other
- Space of about 2 to 3 inches between feet.

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Sitting (Jalsa & Qa'da) position in Salat for Women



Position Notes

- Both legs sticking out to the right
- In this position most of your body weight will be on left hip
- Both palms on knees
- Back in strait position
- Eyesight on your lap
- Foot of right leg extended and touching floor (See image below)
- Rememer to keep your body covered and hands under shawl at all times. Hands and legs are exposed in these images for instructional purpose only. The girl in the pictures is not an adult. Please see the other views below
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Right foot position in Jalsa & Qa'da

