



STEP-BY-STEP

Women's Prayer Guide



Step 1:

- Stand with feet **close together**.
- Raise hands to **shoulder level**, palms facing the **Qibla**.
- Keep fingers **naturally open**.
- Ensure **wrists and forearms are covered**.
- Say “**Allahu Akbar**” softly.
- Make sure you can hear yourself saying it.



Step 2: Fold Hands

- Place **right hand over the left**, without clasping.
- Rest both hands **on the chest**.
- Keep your **eyes focused** on the place of prostration (sajdah).



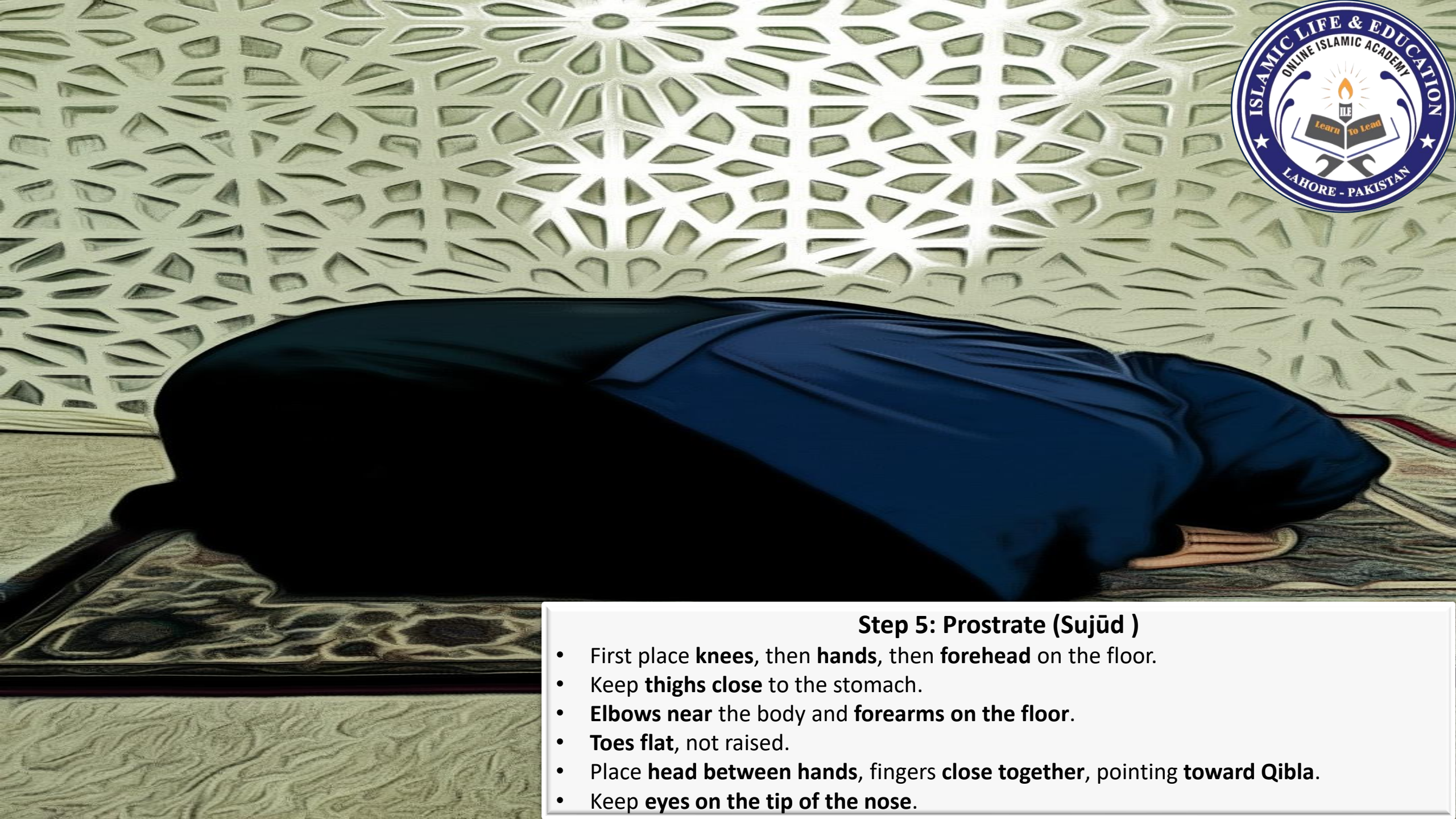
Step 3: Bow (Rukū)

- Bow until **hands reach the knees**.
- Place **hands on knees** (don't clasp).
- Keep **fingers together**.
- Look towards the **top of your feet**.
- Keep **upper arms close** to your sides.



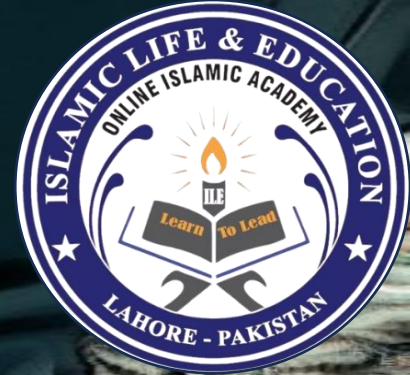
Step 4: Stand Up (After Rukū')

- **Stand up straight** after bowing.
- Say the **supplication for standing** in a soft voice.
- Keep your **eyes on the place of prostration (sajdah)**.



Step 5: Prostrate (Sujūd)

- First place **knees**, then **hands**, then **forehead** on the floor.
- Keep **thighs close** to the stomach.
- **Elbows near** the body and **forearms on the floor**.
- **Toes flat**, not raised.
- Place **head between hands**, fingers **close together**, pointing **toward Qibla**.
- Keep **eyes on the tip of the nose**.



Step 5: Prostrate (Sujūd)

In women's prayer, toes are not raised.
This keeps the body covered and modest.



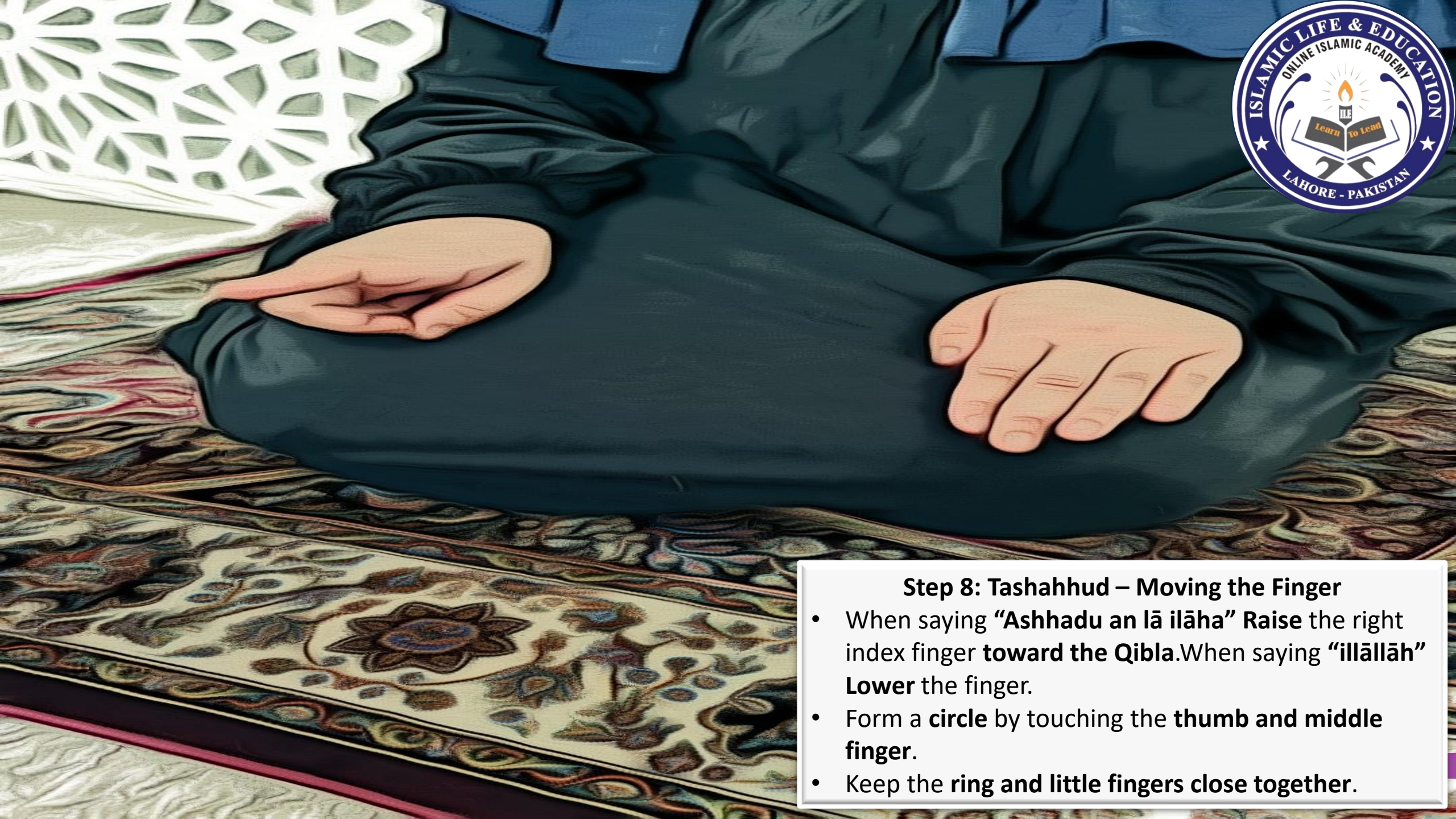
Step 6: Sit Up (After first Sujūd)

- Say “Allahu Akbar” (الله أكبر) softly while sitting up.
- Sit completely upright.
- Place hands on thighs
- Fingertips should reach the knees.



- **Step 7: Sitting Tawarruk**

- After the second rak'ah, sit down.
- For women, the Sunna position is Tawarruk.
- Draw both legs to the right side.
- Sit on the left side with thighs together.
- Place hands on thighs, fingertips reaching the knees.
- Keep fingers together and eyes on your lap.



Step 8: Tashahhud – Moving the Finger

- When saying “Ashhadu an lā ilāha” Raise the right index finger **toward the Qibla**. When saying “illāllāh” **Lower** the finger.
- Form a **circle** by touching the **thumb and middle finger**.
- Keep the **ring and little fingers close together**.



Step 10: Final Salām

- To end the prayer, **turn your face to the right.**
- Turn enough so the person behind you can **see your right cheek.**
- Keep your **eyes on your right shoulder.**
- Intend to **greet the angels and righteous jinn** while saying:

As-salāmu ‘alaykum wa raḥmatullāh