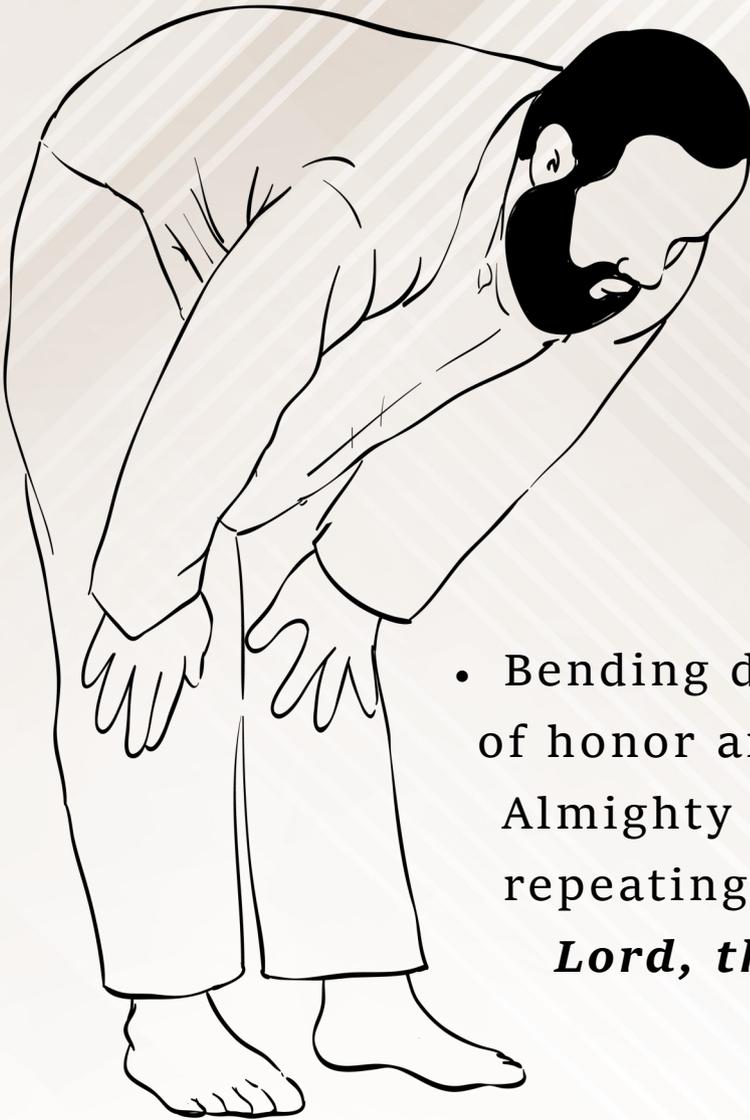




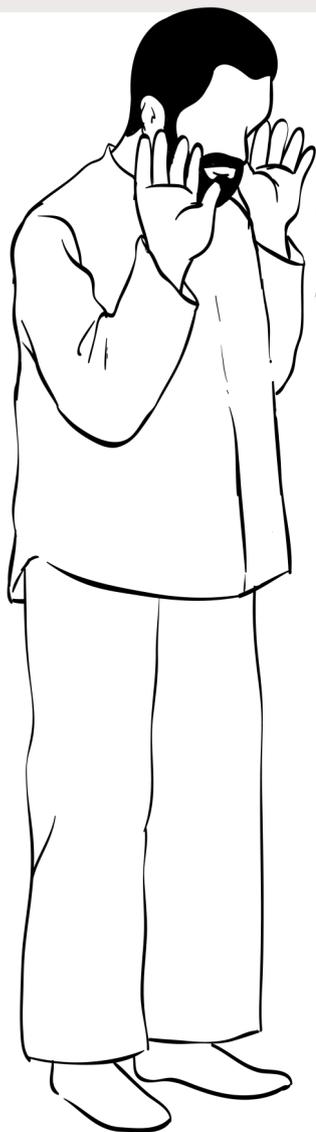
Bowing Posture

2. Bowing Posture



- Bending down as a gesture of honor and glorification of Almighty Allah, along with repeating “***Glory be to my Lord, the Most Great***” thrice.

1. Raise both hands up to shoulder (or earlobe) level and bow down while saying, “*Allahu Akbar.*”

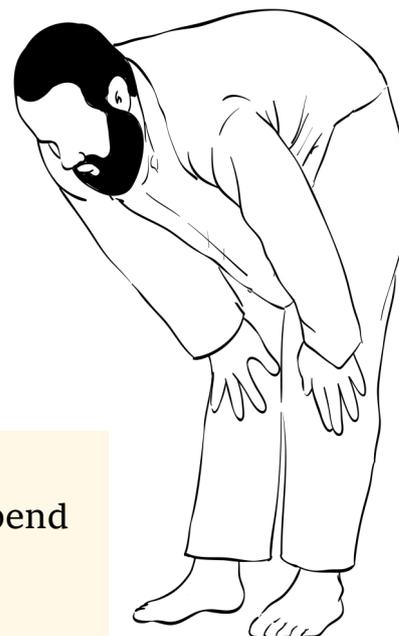


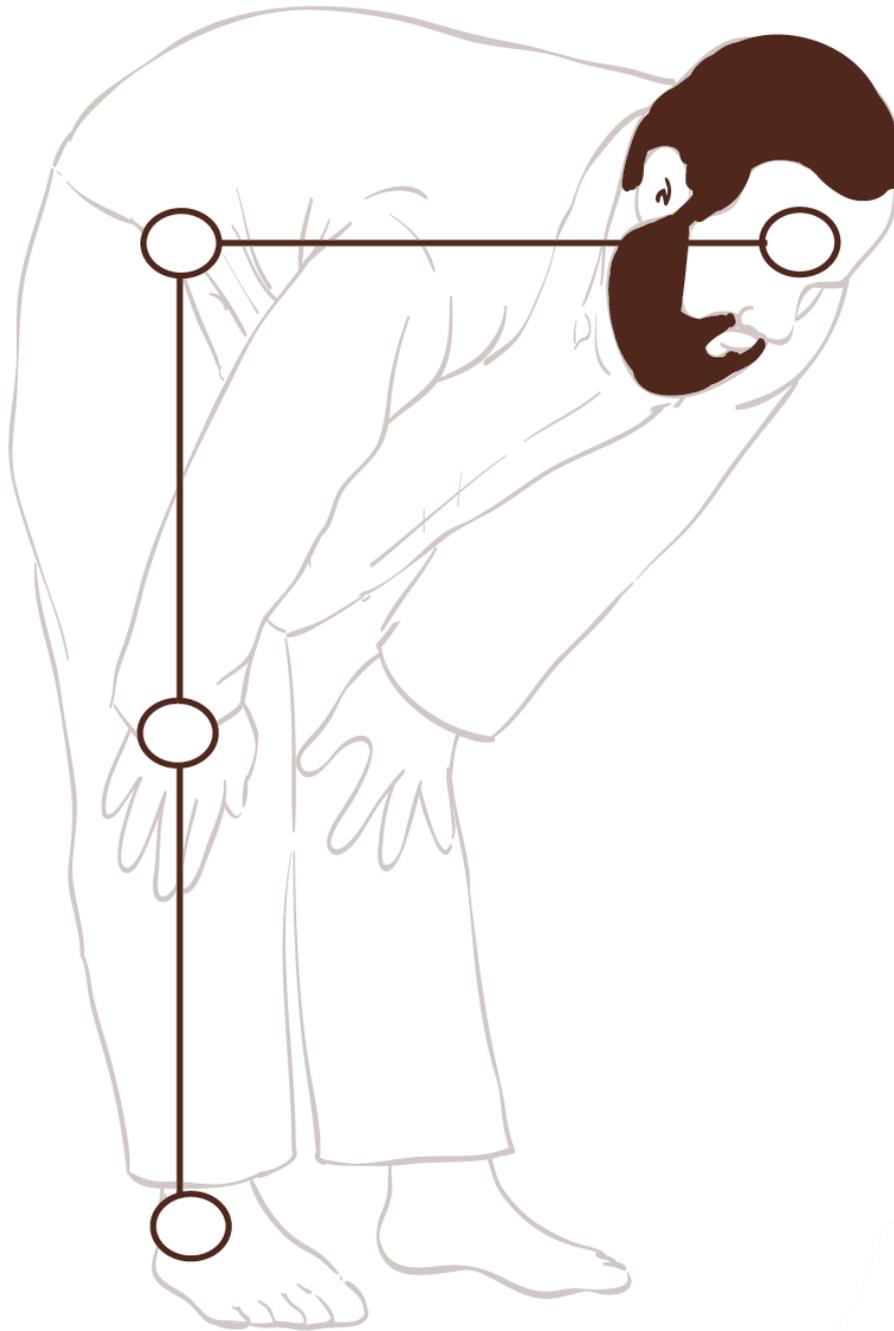
الله أكبر
Allahu Akbar

2. Finish *Takbir* (saying, “*Allahu Akbar*”) before reaching the bowing position – which means that as you move from standing to bowing you say, “*Allahu Akbar.*”

3. Place both your hands on your knees, with the fingers spread out, as if clasping your knees.

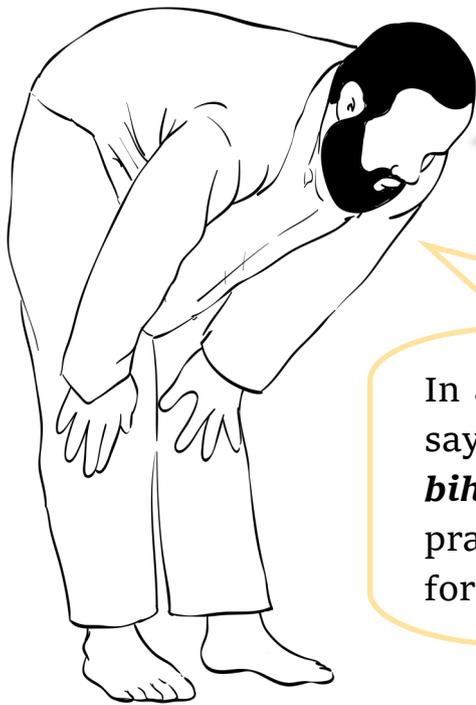
4. Keep your legs straight and do not bend your knees.





5. Stretch your back straight and keep your head level with your back, neither raising nor lowering your head above it.

Bowing Is
Performed
Once in Each
Rak`ah



6. While in the bowing position, say three times, “***Subhana Rabbiyal `Azim*** (Glory be to my Lord, the Most Great).”

In addition, it is a recommended **Sunnah** to say, “***Subhanaka Allahumma Rabbana wa bihamdika, Allahumma ighfir li*** (Glory and praise be to You, O Allah our Lord. O Allah, forgive me).”

7. Raise your head from the bowing posture, lifting both hands to shoulder (or earlobe) level.

8. As you change posture from bowing to standing, say: “***Sami`a Allahu liman hamidah*** (Allah listens to those who praise Him).”

9. Then, after straightening up and standing still, say, “***Rabbana wa lakal-hamd*** (our Lord, and to You is due all praise).”

It is recommended as an act of **Sunnah** to say in addition: “***Hamdan kathiran tayyiban mubarakan fihi*** (...abundant, good, blessed praise).”

