Positions Of Salah

Takbir Tahrimah تَكبِيرٌ تَحرِيمَةٌ

This is the opening takbir. You will say 'Allahu Akbar' and raise your hands.

Qiyaam قِيَامٌ

This is the standing position. You will read thanaa*, surah Fatiha and surah Ikhlas.

*Thanaa - Subhaana Kallahumma Wa Bi Hamdika...

Ruku' رُكُوعٌ

This is the bowing position. You will say Subhaana Rabi Yal 'Azeem

Qa'dah قَعدَةٌ

This is the sitting position. You will read tashahhud.

Sujood سُجُودٌ

This is the prostration. You will say Subhaana Rabi Yal A'laa

Jalsa جَلسَةٌ

This is the sitting position in between the two sajdahs

AL-BAQIR CENTRE

Rukia Ahmed