## **AMIDA: ACTIONS: STANDING**

## **Amida: Standing Up**

Stand up when saying the anida. Unless you are not able to stand unaided, you may not lean on something if you would fall over if that item were removed.

## **Amida: Standing with Feet Together**

Stand with your feet together to resemble the angels, who only have one leg, during the private <u>anida</u> and for <u>kedusha</u>.

© Copyright 2025 Richard B. Aiken | www.practicalhalacha.com