

# HOW TO PRAY: ACTIONS: BOWING: DIRECTION

## When To Bow toward Jerusalem

Normally, when saying the amida, or bowing at any other prayers such as kaddish, alenu, and bar'chu:

- If you are in a room with an ark (aron kodesh), face the ark—even if the ark is NOT in the same direction as Jerusalem.
- If you are not in a room with an ark, face Jerusalem during the amida. You do not need to face Jerusalem when bowing at any other times except during the amida.