

# AMIDA: ACTIONS: STANDING

## **Amida: Standing Up**

Stand up when saying the amida. 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 amida and for kedusha.