Leaning to the Left

Every male (13 years old and above) at the *seder* is required by *halacha* to lean to the left side while:

- Drinking each of the four cups of wine.
- Eating *matza* for each of these *mitzvot: motzi*, *matza*, *koreich*, *afikoman*.

Ideally, lean onto something to your left, such as a chair or couch. A pillow is nice but optional.

NOTE Women and girls are not required to lean at any time during the meal.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com