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*.

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