HOW TO PRAY: ACTIONS: BOWING-LIKE ACTIVITIES

Bending Down during Amida To Pull Up Socks,...

You may bend down during the *amida* to slide up your socks, scratch your legs through your pants, and other permitted actions.

EXCEPTION You may not do so when you are saying the final sentence (the actual blessing) in each paragraph.

When You May Crawl on Stone Floor

You may crawl on a bare stone floor if you are trying to find something on the floor, are chasing a child, or for any purpose other than prayer.

When Kneeling Is Forbidden

Kneeling is only forbidden if it is for praying (except for prescribed prayers such as at "*hayu kor'im*" in *Yom Kippur*) or if it looks like praying, but there is nothing inherently wrong with kneeling for fun, gardening, or other purposes.

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