

Question 151) - Is the description you have given the Sarah of a man only, or a man and woman?

A: It is for both. A woman however differs with a man as follows:

1. She will place her hands on her chest.
2. She will not take her hands out of her sleeves at the time of Takbir.
3. She will raise her hands to the height of her shoulders.
4. She will not spread out her fingers during Ruku'. She will keep them closed and place them on her knees.
5. She will lower herself slightly for Ruku' to the extent that she almost reaches the full extent but she will proceed beyond that.
6. She will keep her elbows in during Ruku'.
7. She will keep her stomach close to her thighs during Salaah.
8. She will sit in the Twarruk position in every sitting. i.e. She will extend her legs to the right side. Right calf on the left calf. Buttocks sitting on the ground.
9. She will place her arms on the ground during Sajdah.

~ al-Quduri ~