**Some General Rules Concerning the Amidah**

**Body Position**

1. One should stand still during the entire Amidah prayer. This means the two legs are together, no walking around the room, no shuffling around. It is preferable to remain standing until all of those around you have completed their prayer. You certainly should not talk until everyone has finished.

2. There are four bows: the first two are at the end of the first two berakhot. The third is at the beginning of Modim (the 18th berakhah, next to last) and the last is at the end of the Modim berakhah.

3. Before beginning the Amidah, one takes three steps forward. And upon completion, three steps backward. There is no need to take three steps backward in the beginning or three forward at the end.

4. One should face east during the Amidah, towards Israel. However, if everyone is facing the aron kodesh, the ark, then one shouldn't do something different than everybody else is doing. The best scenario would be for the Makom Tefillah to be set up so that the Aron Kodesh is on the east-side of the room.

**Reciting the Amidah**

1. Take all of the time you need to say the Amidah. If the rest of the community has continued, you should continue to say the Amidah until you are done.

2. The best time to add a personal prayer into the Amidah is at the end, after Sim Shalom.

3. There are additions that occur regularly—Saturday night, fast days, Rosh Hodesh and holidays. Pay attention so that you don't miss these additions.