Namaz For Women
Niyyah: Before beginning Salaah, perform Wadhu or Ghusl (Which ever is required). Your clothes and place of Salaah should also be clean. Make sure your Satr is covered. Women Satr in Salaah is to cover everything except Hands, Face and Feet. A person must face the Qiblah (direction of Prayer - Makkah). Make intention quietly or in the mind for which ever Salaah you wish to perform. During Salaah keep the eyes fixed on the spot where the head will be in Sajdah (prostration) unless otherwise mentioned. Ensure the feet point towards the direction of Qiblah. Men should keep their feet a minimum of four fingers width (Posture 1) and women keep their feet together.
TAKBEER-E-TAHREEMA

Instructions:

Whilst raising both hands (Fig 2) to the height of the shoulders for women. Ensure the fingers are together and the palms face towards the Qibla. Remember to keep the eyes focused on the place of Sajdah (Prostration).

ALLAH-O-AKBAR

Translation:

اللَّهُ أَكْبَر

Allah is the Greatest
Recitation:

سُبْحَانَ اللَّهِ وَبِحْمَدِكَ وَتَبَارَكَ اسْمُكَ

وَتَعَا لِيَجُدُّكَ وَلَا إِلَهَ غَيْبُكَ

Allah Glory be to you O Allah! and Praise be to you: Blessed is your name and Exalted is your Majesty, and there is none worthy besides you.

Woman should place their hands [Fig 3] over the chest with the right hand palm over the back of the left hand, keeping the fingers and thumb together. But make sure you do not make a ring round the wrist like men.
Recitation:

I seek refuge in Allah from the rejected Satan.

赴دو بِالله من الشیطان الرّحیم

بِسْمِ اللہِ الرَّحْمَنِ الرَّحیمِ

In the name of Allah, the most beneficent, most merciful. Then recite Surah-e-Fatiha now.
Alhamdulillah rab' al-'alamin \[الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ\]

rabb al-'arham ar-rahim \[رَبِّ الْرَّحْمَنِ الْرَّحِيمِ\]

Sutuhililahi ke lay yad sanyar keji kan be Quadara, yad derahin nabiit naulaa. \[سبَّحْ بِلِفْوَاتِي الْخَالِقِۚ إِنِّي لَلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي لِلَّهِ وَإِنِّي عَلَى الْهُدَى الْمُصِّرَّفِۚ إِنِّي L

Praise to be Allah, Lord of the worlds. The Beneficent, the Merciful.

Malik yoom al-diin \[مَلِكِ يَوْمِ الدِّينِ\]

Yaak na'ba'do yaak nas'teein \[يَايُّكَ نُعْبَدُ وَيَايُّكَ نُسْتَعِينُ\]

Qaimat ke don kalaak pe (Allah) \[قِيَامَتِ الکِنَاسَةِ (عِلَى اللَّهِ)\]

Master of the Day of judgement. Thee alone we worship and to Thee alone we turn for help.

Ehadina al-suru'at al-mustaqim \[إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ\]

Suru'at al-diin an'umut \[صَراَطَ الَّذِينَ أُنْعِمْتُ\]

Tum ko sidhe rezza pe jala \[نَمَ كَيْدَةِ رَضِيَتِنَّكَ يَلْيَاءُ\]

Guide us to the Straight Path. The path of those whom you favoured,

Ul'eehim guzarul-mughsoob \[عَلَيْهِمَ غَيْرُ الْمُغْضُوبِ عَلَيْهِمْ وَلَا الصَّاِلِحَاءِ لَيْنَ آمِينَ\]

Not of those who earned Your anger, nor of those who went astray.

Then recite any Surah, or a minimum of three short Ayahs or one long Ayah.

**Note:** A Surah is read following Surah Fatiha in all units of any Sunnah and Nafl Salaah. It is only required in the First Two units of ANY Fard Salaah, i.e. in the Third and Fourth units only Surah Fatiha is recited.

**Note:** The Surahs read after Surah Fatiha should be read in proper sequence as in the Qur’aan in assending order, with the next Surah smaller than the previous.

Say: He is Allah, the One! Allah, the eternally Besought of all!

And there is none comparable unto Him. He begetteth not, Not is He begotten;
**Instructions:**

Ruku (Bowling Down): Women should only bend over sufficiently so that the fingers can touch the knees with the fingers kept together. The knees should be bent and the back should not be straight like a man. Also ensuring the elbows touch the sides of the body. Women should focus theirs eyes towards the toes.

In Ruku recite three times:

لا لله أكبر
الله أكبر
الله أكبر

Allah is the Greatest

Subah al-Rabbil-'Alâ'îm al-A'îm
Yaâk bii Mirâ'im wa râ'âyim al-A'îm

Allah is the Greatest. Glory to my Lord,
**QAUMAH**

**Instructions:**

Qaumah is to stand up from Ruku and return to the Qiyaam position keeping your arms straight by your side [Fig 5].

Whilst standing up from Ruku recite **TASMEE**.

And when stood up recite **TAMHEED**.

And move to next position

**Recitation:**

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الله أَكْبَرُ
الله أكبر
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Allah is the Greatest

Allah hears all those who praise Him. Our Lord! All praise be to Thee.
Instructions:

Sujood (prostration): Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight but unlike men the women may bend their back going into Sajdah, then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. Women must ensure that they keep all limbs close together and close to the ground, including the arms, elbows, bottom and feet. Both feet should point out to the right and point the toes towards the Qiblah.

Recite 3 Times

 Glory to my Lord, the Highest.

Posture 6
Recitation:

Recite 3 Times

Get up from the floor reciting the TAKBEER in order of forehead first, nose and then hands. Sit upright (Jalsa) and place the palms on the lower thigh but not on the knees. Women should sit resting on the floor with feet pointing out to the right. In Qa’dah set your eyes between the front of your hands in your lap.

Rest for a moment, then say “Allahu Akbar” and prostrate again for a second time reciting “TASBEEH”

Glory to my Lord, the Highest.

Allah is the Greatest
Instructions:

Get up from second Sajdah and stand up back to the Qiyaam position.

This completes one Rak’ah (unit) of prayer. The second Rak’ah is performed in the same way but do not recite Thanaa and Ta’awwuz, Start from Tasmiyah.

At-Tashahhud: In the second Rak’ah after the second prostration remain seated (Qa’dah), as the above illustrations and recite quietly.

All prayers and worship through words, actions and sanctity are due to Allah only. Peace be Upon you, and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah.
Instructions: Whilst reciting “At-Tashahhud” when the words “Ash-hadu al-laa ilaaha” are recited, use the right hand to form a circle with the middle finger and the thumb and raise the index finger high enough for it to face the Qiblah. Drop the finger back down again after reciting “al-laa ilaaha” (than Allah).

If you are performing three Rak’aahs (Maghrib) or four Rak’aahs (Zuhr, Asr, Isha), then stand up after Tashahhud.

لَا إِلَهَ إِلَّا اللَّهُ وَلَا مُحَمَّدٍ مُكَامَهُ عَبْدًا وَرَسُولًا

O Allah shower Thy Blessings on Muhammad and the descendants of Muhammad as Thou did shower Thy Blessings on Ibrahim and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious. O Allah, Glorify Muhammad and the descendants
O Lord! Make me one who establishes regular Prayer and also (raise such) among my offspring, O our Lord! and accept thou my Prayer.

O Lord! cover (us) with Thy forgiveness - me, my parents and all believers on the Day that the Reckoning will be established.
Peace be on you and Allah’s Mercy.

Fig 6

SALAAM

Peace be on you and Allah’s Mercy.

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