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Sitting between the Two Prostrations

The tenth question of Fatwa no. (8966):

Q 10: How should we sit between the two Sujuds (Prostrations) in Salah (Prayer)? Should a person sit placing their left foot under their right leg or what? Please clarify the manner of sitting in the first and also the last Tashahhud (a recitation in the sitting position) in detail.

A: The Sunnah in the first Tashahhud is to perform Iftirash, which means spreading one's left foot and sitting on it between the two Sujuds while keeping the right foot vertical. As for the last Tashahhud, the Sunnah is to perform Tawarruk, which means placing the left foot under the right leg and sitting on one's bottom. All this is Mustahab (desirable). If a person performs Tawarruk in the first Tashahhud and Iftirash in the last Tashahhud, their Salah is not invalidated.

May Allah grant us success! May peace and blessings be upon our Prophet Muhammad, his family and Companions!

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