

Leaning to the Left

Every male (13 years old and above) at the seder is required by halacha to lean to the left side while:

- Drinking each of the four cups of wine.
- Eating matza for each of these mitzvot: motzi, matza, koreich, afikoman.

Ideally, lean onto something to your left, such as a chair or couch. A pillow is nice but optional.

NOTE Women and girls are not required to lean at any time during the meal.