

# WOMEN: PRAYER

## WOMEN: BOWING

### Women: Bowing

For women and bowing, see [Bowling: Women](#).

## WOMEN: KADDISH

### Woman: Kaddish

See [Kaddish: Who Should Say: Women](#).

## WOMEN: YA'ALEH V'YAVO

### Women: Ya'aleh V'Yavo

If a girl age 12 or up or a woman forgets to say ya'aleh v'yavo for the Jewish festival or Rosh Chodesh amida, she must repeat the prayer. She does not repeat ya'aleh v'yavo in any birkat ha'mazon except the two seder nights.

## WOMEN: MINIMUM TO PRAY

### Women: Minimum to Pray

The minimum amount of prayer that women and girls 12 years old and up must say varies according to several opinions:

- Opinion that [RMH](#) approves of:
  - [Birchot ha'shachar](#) (from al netilat yadain--to u'maflee la'asot)
  - [Birchot haTorah](#) (from la'asok b'divrei Torah--to notein haTorah)
  - [Yevarechecha/Eilu divarim she'ein/Eilu divarim she'adam](#)
  - [Elohai neshama](#)
  - [Asher natan 'sechvi... gomel chasadim tovim l'amo Yisrael](#)
  - [Shema](#) (first line of shema plus Baruch shem kevod malchuto l'olam va'ed)
  - If they choose to say the morning [amida](#), they should precede it with emet, v'yatziv until ga'al yisrael.
- [Ramban](#): Women should say at least the [amida](#) of [shacharit](#) and of [mincha](#).
- Another opinion: Women must say some prayer every day (but it may be any type of prayer, not only the fixed prayer services).
- Another opinion: Women do not need to say the [amida](#) and emet v'yatziv on [Shabbat](#) and [Jewish festivals](#) (that is, whenever we are not asking for anything).
- Women who have small children who require the mother's constant attention should not say any prayers except for [birchot ha'shachar](#) and [birchot haTorah](#).

For more on women and the [shema](#), see [Women and Shema in Shacharit](#).

## WOMEN: ROOM DIVIDER/MECHITZA

### Women: Room Divider/Mechitza

For women and room divider/[mechitza](#), see [Where To Pray: Distracting People/Mechitza](#).