

# Photography Posing 101



PhotoHeadz

# THE 3 ESSENTIAL POSES FOR WOMEN



# 1. Classic Elegance


- **Nose Towards the Light**
- **Body Away**
- **Create Short-Side Shadow**
- **Use Sweeping Motion**





**Classic Elegance**





1. Face  
towards  
light, body  
away

2. All  
weight  
on  
leading  
leg and is  
straight

3. Trailing leg  
is slightly  
bent





**Classic Elegance**



## 2. Modern

- **Nose towards the light**
- **Shoulders at an angle**
- **Pop the hip outward**
- **Raise one knee**



**Knee is lifted  
to accentuate hips**



**Modern  
Pose**



# Modern Pose





# 3. Rollover

- Roll onto hip
- Cross one leg over other
- Nose to the light





Rollover



# Roll-over leg to create shape







**Rollover**



# HAND & ARM POSING

*Creating  
Balance &  
Expression*



# **HAND & ARM POSES**

- 1. Cigarette - palm up or down**
- 2. Shoulder Tap**
- 3. Necklace - collarbone**
- 4. Hair Pull**
- 5. Dress Pull**
- 6. Yin-Yang**
- 7. Face Framing**



# #1 The cigarette pose with the palm up or down

***Tip:***  
***Have the subject  
lightly touch face***



A close-up portrait of a woman with long dark hair, wearing a light-colored mesh cap and white leather gloves. She is holding a lit cigarette in her gloved hand near her face. The background is a warm, golden-brown color.

*Lightly  
touch face*

**#1 Cigarette  
Palm Down**





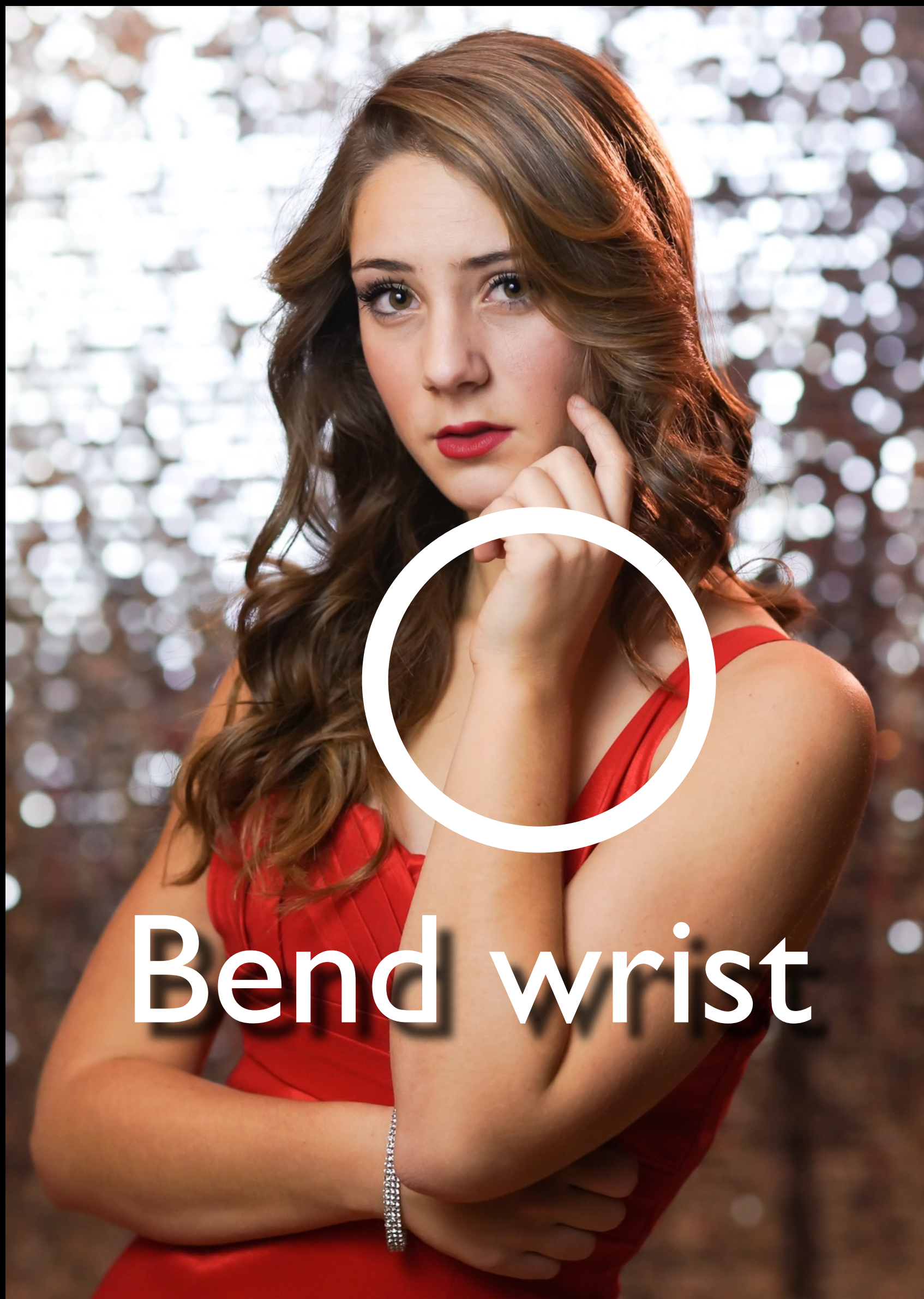






# “Cigarette” Hand Pose

Incorrect



Bend wrist

Correct



Hand on  
shadow  
side







# #2 The Shoulder Tap pose

*Tip:*

*Turn head towards  
the tap*











# #3 Necklace/ Collarbone pose

*Tip:*  
*subject is*  
*touching*  
*collarbone*











# #4 The Hair-Pull pose

*Tip:*  
*Subject lightly*  
*pulling hair*















# #5 The Dress-Pull pose

*Tip:*  
*Subject bends*  
*elbow*









**Keep hands at  
different levels**







**#6**

# **The Yin-Yang pose**

***Tip:***

***Create two  
triangle shapes  
with arms***







# #6 Yin-Yang

(knee raised)









**#7**

# **Face Framing pose**

**Tips:**

- Get catchlights in eyes**
- Shoot downward on subject's face**











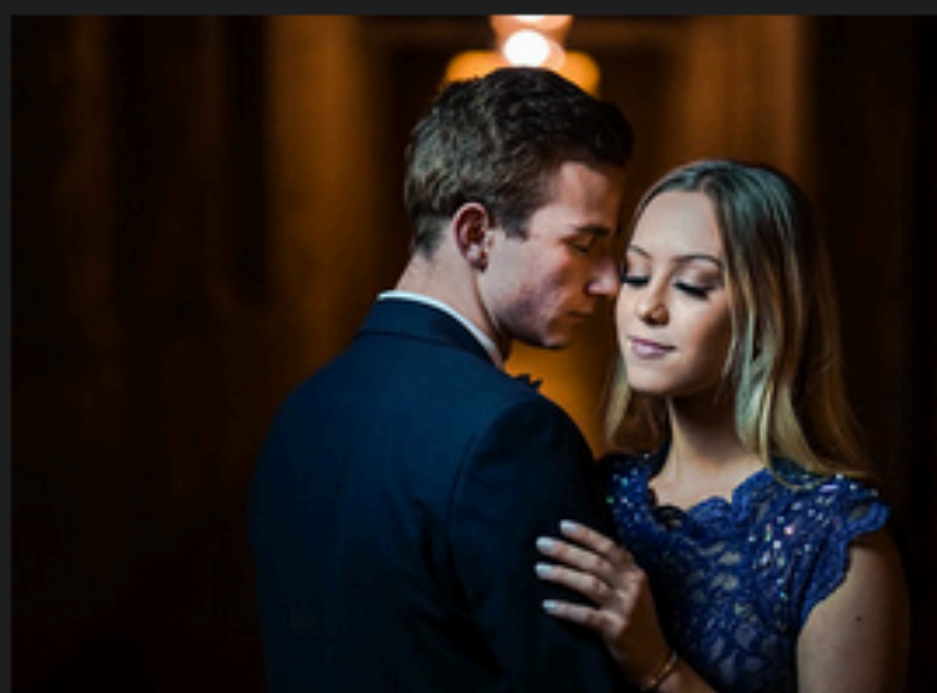
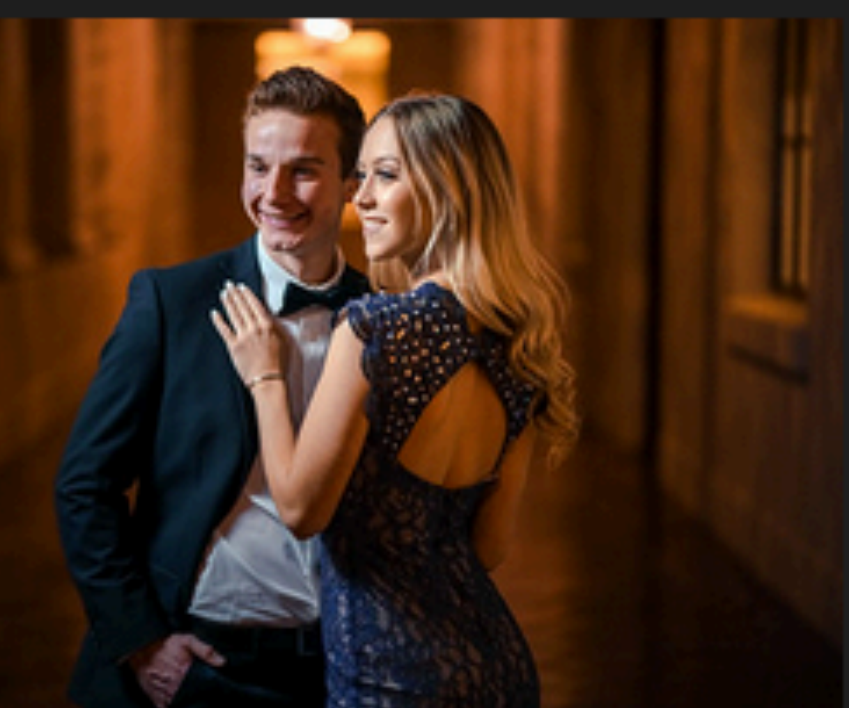
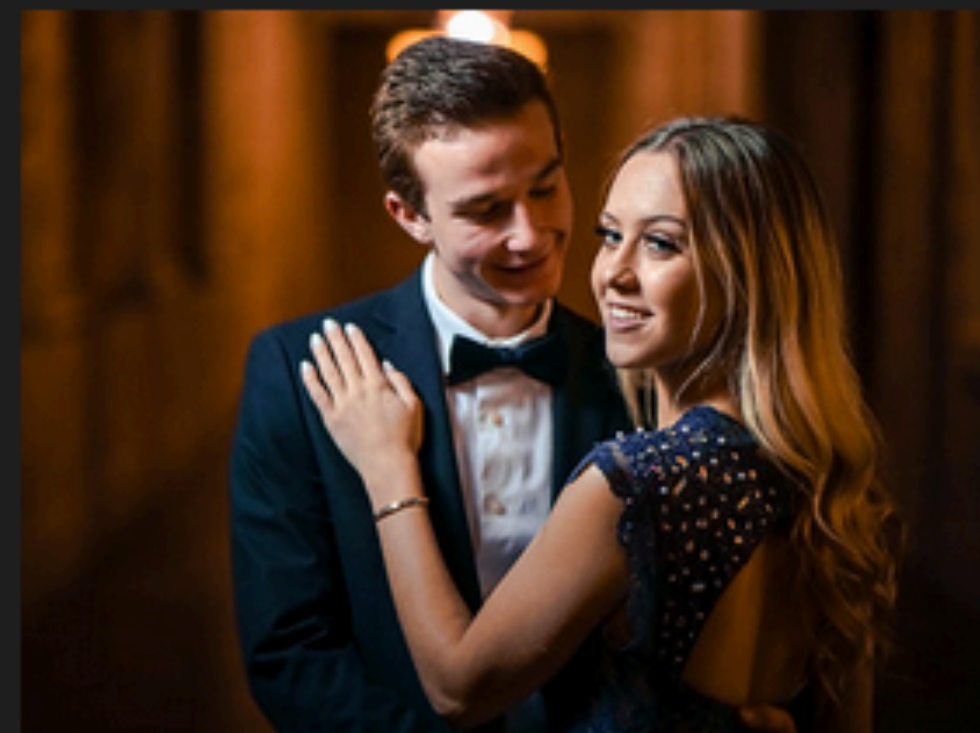
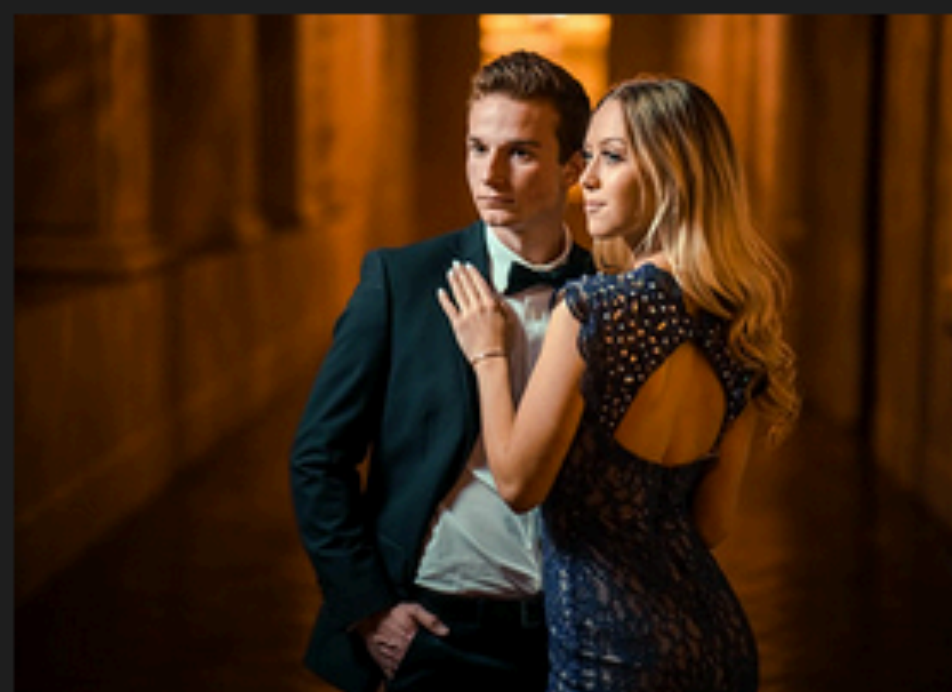
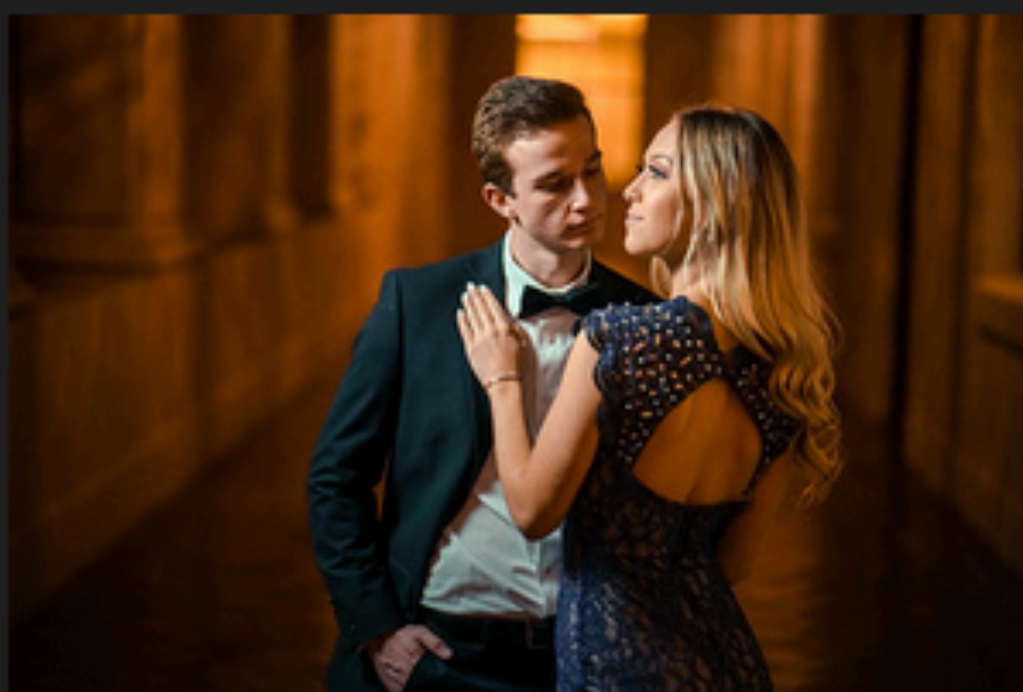
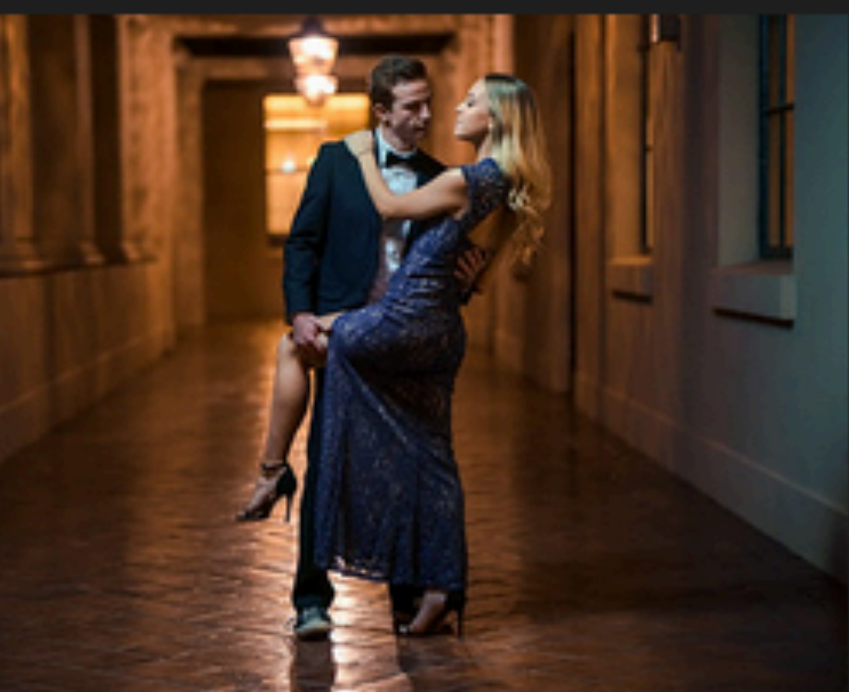
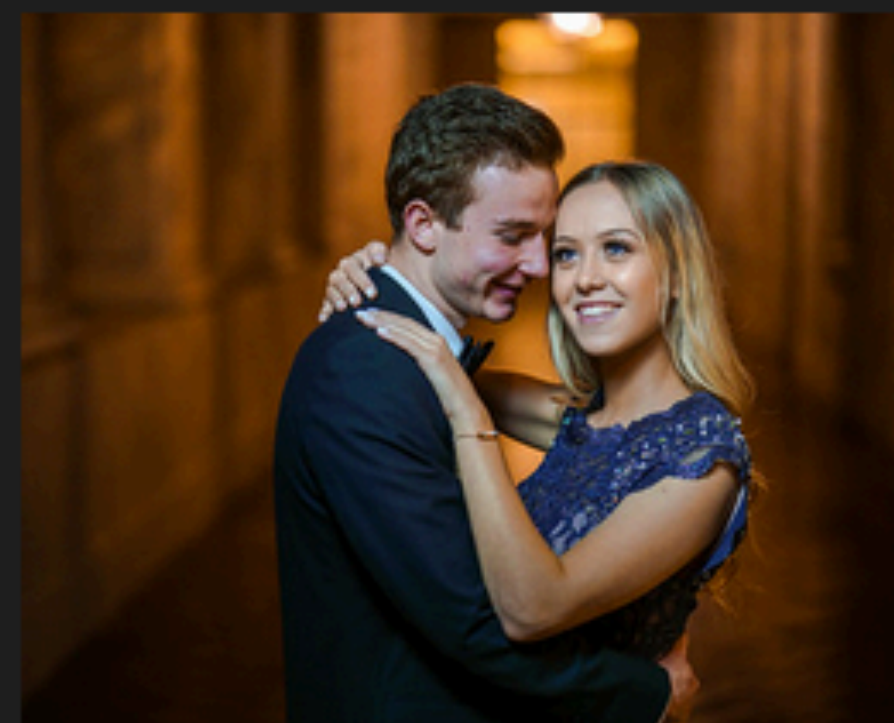
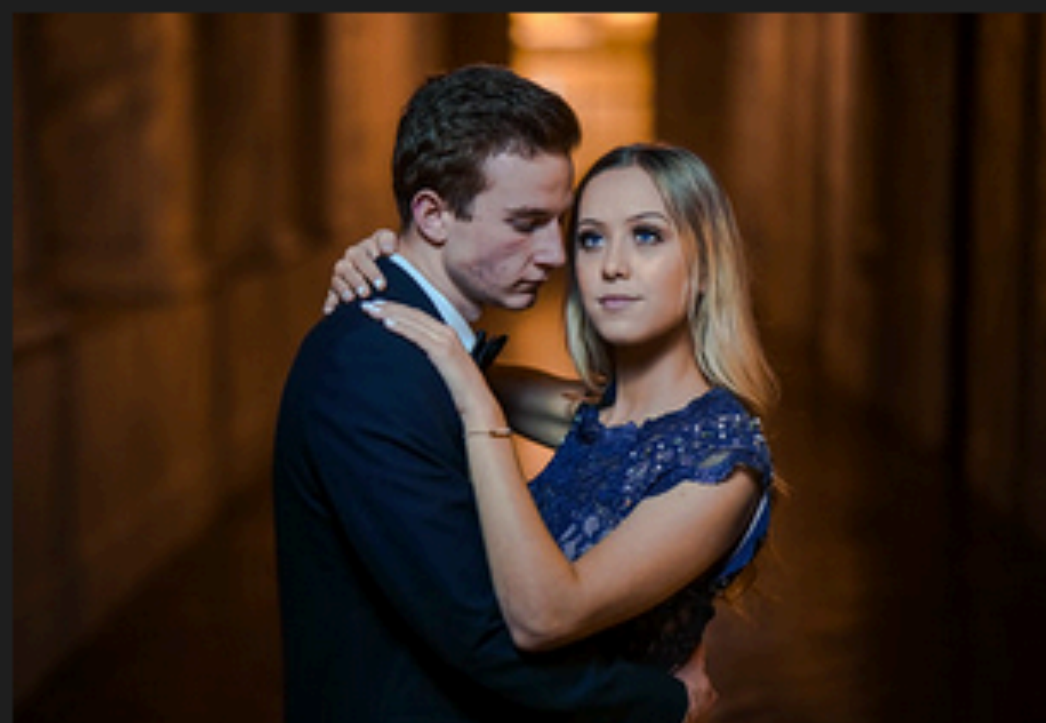
# POSING A COUPLE:

## Transitional Posing

*Creating a  
repeatable  
workflow*



# TRANSITIONAL POSING





# **TRANSITIONAL POSING**

- 1. Hold Hands  
(add The Kiss)**
- 2. Hip to Hip (add  
James Bond)**
- 3. The Dip**
- 4. Brides Back  
(Side light)**
- 5. The Protector**
- 6. Walk away**



***Hint: Mix up  
photo  
angles:***

1. ***Wide angle***
2. ***Close-up***
3. ***From up high***
4. ***From down low***
5. ***From the left***
6. ***From the right***



# 1. Hold Hands





# 1. Hold Hands





## 2. Hip to Hip





## 2. Hip to Hip





## 2. Hip to Hip





### 3. The Dip





***Tip:  
Hip to Hip  
“James Bond”  
thigh-showing  
works best with  
a high dress slit***





## 4. Brides Back









## 5. The Protector





**Tip: Grooms nose near forehead or eye of bride**





## 6. The Walk Away





# Three Male Poses

**1. Sitting**

**2. Leaning**

**3. Standing**



# **Male Posing Tips**

- 1. Relaxed and Confident**
- 2. Hard light or Soft light**
- 3. Start with sitting or leaning**
- 4. Shadows = Strength**
- 5. Split lighting**



# #1 Sitting Poses:

Head tilt towards  
lower shoulder

Shoulder  
toward  
camera



Knee  
toward  
camera



**Square shoulders  
good for thin frame  
Lean Forward**










**Straddle the Chair,  
Lean forward**





A man with a beard and mustache, wearing a dark suit, white shirt, and patterned tie, is seated. He is looking slightly to his right. His hands are clasped in front of him, and he is wearing a watch on his left wrist. The background is dark with warm, golden light trails swirling around his head, suggesting a long-exposure light painting effect. The overall mood is sophisticated and artistic.

Nose towards  
light

Gently lean on  
chair to keep  
neck elongated



# #2 Leaning





# #2 Lean him against the wall

Nose  
towards  
the  
light

Pop hip  
Outward











Pop Hip  
Outward





# Using Props





# #3 Standing





# #3 Standing

**Pop the Hip**

**Feet 45 degrees  
to camera**

**Pop the Hip  
away from  
camera**

**Head Lean  
towards Hip**



**Head tilt towards  
lower shoulder**



**Define  
the line**

**Rotate  
Hip  
towards  
camera**

**Pop this hip**







