

The ART of Posing



I get it.

Posing can feel weird.

You're either wondering what to do with your hands, overthinking your smile, or suddenly questioning if you've ever stood like a normal human before.

Don't worry, I've got you covered. As someone who's guided countless people into looking their absolute best (yes, even the ones who swore they were "unphotogenic"), I know exactly how to turn those "what do I do?" moments into frame worthy memories.

This guide is your backstage pass to looking confident, natural, and effortlessly awesome in every shot.

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Connection and chemistry with poses for couples that feel natural and intimate, from close embraces to playful interactions.

► Beauty & Sophistication

We highlight elegance and style for women, with flattering angles, graceful posture, and confident expressions..

► Charm and Power

Project strength and ease with men's poses that balance casual confidence and polished style.

► Group Dynamics

Create dynamic, editorial-style compositions by mixing levels, layering poses, and showcasing everyone's unique vibe.



In Sync

P O S E S F O R
C O U P L E S

Naturally Connected.



"Love is composed of a single soul
inhabiting two bodies."

– Aristotle

◀ General Tips

Avoid stiff hands. Keep them relaxed, slightly curled, or engaged (e.g., in a pocket, holding something). Posture Matters: Stand or sit tall with a slight lean forward for a confident and flattering appearance.



▲ The Easy Pose

Stand casually while your partner walks close to you. Connect hands to waist and pull partner in. Simple but effective.



▲ You've Got to Move It

One partner is the audience, one partner puts on a little show. Move back and forth, lock eyes, and maybe even dance a little. Remember to have fun with this one.

"To love and be loved is to feel the sun from both sides."

– David Viscott



▲ Sweet Nothings

Embrace each other, whisper your favourite thing about them and breathe in this moment. Hold for longer than you think you should. Close your eyes to really connect to this experience. Forget the camera.

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▲ Funny Stuff

In the middle of a moment, say something mildly (or fully) inappropriate. Belly laughs make everything better.



▲ Heading Somewhere

Simple connection and walking with purpose while interacting can lead to great results. Slow it down, and over-exaggerate just a little. Bump into each other on purpose.

"Where there is love, there is life."
– Mahatma Gandhi



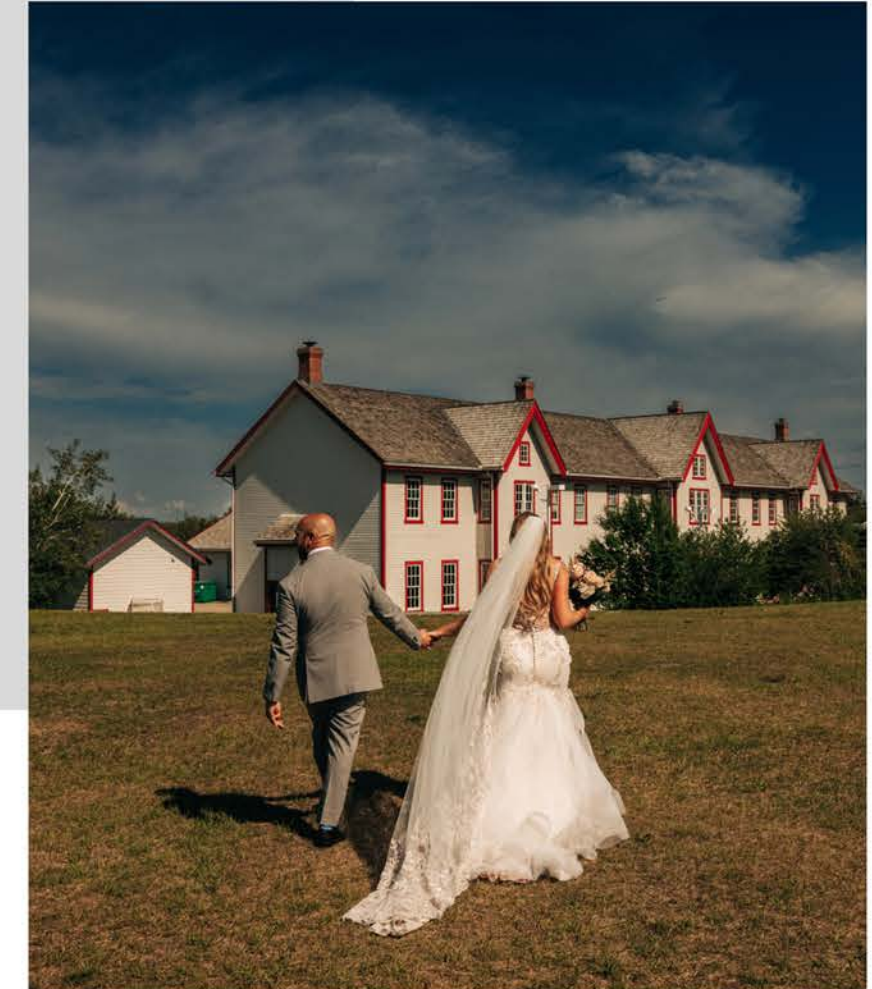
▲ Little Kisses

Interact with your hands, give a simple hug, and give little kisses to each other. Take turns. Make it competitive.



▲ Reverse Course

Don't always face each other. It can look very natural and candid to connect in different ways. Cold shoulder? Not on my watch.



▲ From Here to There

Walk away from the camera, and connect naturally by holding hands, linking arms, or simply looking at each other. The journey is the destination in this one.

A woman in a white wedding dress is walking away from the camera on a paved path that leads into a lush, green forest. The dress is long and flowing, with lace detailing, and she is holding the back of it. She is wearing white high-heeled sandals. The scene is bathed in soft, natural light, with dappled sunlight filtering through the trees. The overall mood is serene and elegant.

Grace & Style

T I M E L E S S

Simple, woman's poses designed for elegance and beauty.

"The most alluring thing a woman can have is confidence."
– Beyoncé

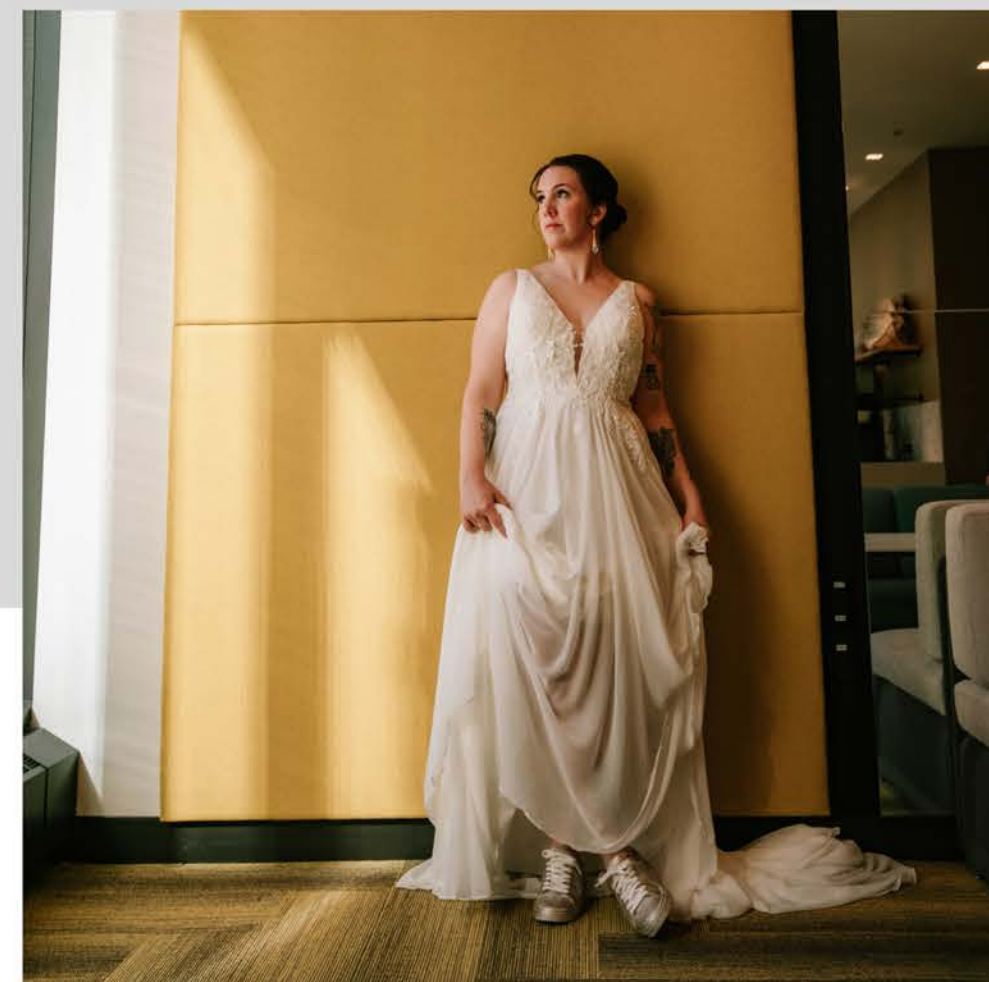


Soft and Pensive ▲

Taking a second and just being in the moment can create beautiful and elegant portraits. Remember to breathe and relax your hands and back all while remembering your good posture.

▼ S Curves

Shifting your weight, crossing a leg and slightly popping a hip slims everything and creates a dynamic tension for your photo. A bit of swagger helps you in this one.



▲ Say Yes to the Dress

Soft hands, and a real connection to your outfit can create a natural and beautiful pose. Remember to shift your weight or cross your legs to avoid looking stiff. Shoulders down, soft hands... breathe.

"Beauty begins the moment
you decide to be yourself."

– Coco Chanel

◀ Variety is the Spice of Life

Expressions are everything in a portrait. Mix up your smiles, add pensive looks, and even break out the silly face to create natural laughs. This all works to create memorable sets of images. (It helps to have a funny photographer btw...)

Near / Far ▶

Make sure that you mix in closeup, middle distance and full length images. The whole story involves emotion, and style. Have fun with all of it.





Men's

P H O T O G R A P H Y

—

Let's hear it for the boys.

"Be yourself, everyone else is already taken."

– Oscar Wilde

Power Pose ►

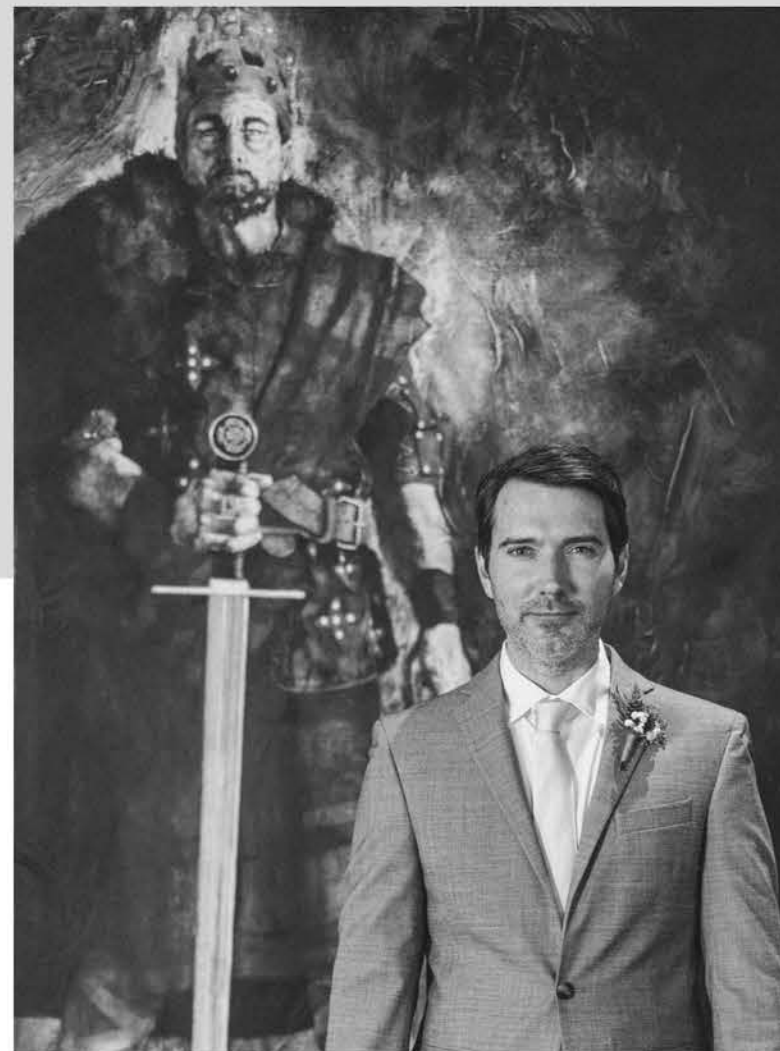
Eye contact and a slight forward lean creates a presence in a portrait. Give your hands a job! Play with a ring, your watch or do up your suit jacket. .



▲ Strong yet Gentle

Looking off into strong, direction light creates drama and purpose in a portrait. I like to make these moments real so connect to the moment you are in while looking amazing.

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◀ Casual Fridays

Straight on images work quite well for most men. (We tend to be simple creatures.) Relaxed hands and soft expressions keep this pose natural.

"Do not pray for an easy life, pray for the strength to endure a difficult one."

– Bruce Lee



▲ The Environmental Portrait

Applying who you are to where you are is a powerful way to tell the story. Remember, relax, get comfortable and think deep thoughts.

The Real You ▼

Candid photos are a great way to capture personalities. It is helpful if the subject is completely unaware of the photographer. These moments are great during weddings and family shoots.



FAMILY & FAMILY YOU CHOOSE



▲ Editorial Touch

Incorporate stylish props (e.g., chairs, couches, or stairs) and give each person a unique pose that complements the group while showing individuality.



▲ Levels & Layers

Arrange people in different levels (some seated, some standing) and put them at different angles for a dynamic composition.



▲ It Was Only A Dream

Keep the main characters in focus, while letting the group move around them. Playing with time adds really cool impact to a group shot.

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'"

– C.S. Lewis



▲ Angles and Layers

Mix things up with leaning and different sitting positions. Let everyone choose their own expression to showcase personalities, after all you choose them for a reason!



▲ Less Is Often More

Simple body angles and posture can provide a powerful group photo. Don't try to do too much at once. Connect people by getting them to lean too the middle, but never force it.



▲ Timeless Portrait

Sometimes a classic look is really appreciated. This doesn't mean stiff! Strong posture, nice expressions, and relaxed body language are all you need.

I hope you enjoyed the guide.

Please get in touch for more information or to chat!

