

GLORIA GREENFIELD

WEDDING & PORTRAIT PHOTOGRAPHY



5 TIPS TO ROCK ANY PHOTO!

Hey there!

If you downloaded this guide, chances are you need a little bit of help to figure out how to take more flattering photos of yourself. If you are like I used to be, I would have my friends take a gazillion photos before I could "approve" one in which I looked decent. But once I memorized a few "tricks" for better posing, I usually pretty happy with the first one they take. My friends say "you're so photogenic", but the truth is that knowing how to pose it's one way to make sure you look your best, no matter who takes the photo!

So keep reading to learn my secrets!

1. Figure out your "best side"

Most of us favor one side of our face over the other. Check out photos of you and see which one you like best, and position yourself in a way that shows that side more predominantly. I always ask my clients about their favorite side, because I think it's important to focus on the side they like best!



2. Position your feet 45° away from the camera



Position your feet 45° away from the camera (to the opposite side of your favorite side, so if your favorite one is the left side, point the toes towards the right), and then move your torso towards the camera... boom! Instant slimming effect! By avoiding being squared towards the camera will immediately slim you and it will show your favorite side, too!

3. Tilt your shoulder towards the camera



A subtle tilt of the shoulder closer to the camera "towards" the camera creates an instant elongated effect on your neck and torso, and it looks very natural. It may feel a bit "weird" in the beginning but as you can see, it is extremely flattering and feminine! Make sure the shoulder drops (I use the words "melt the shoulder" when giving directions to my clients!), that way it creates the elongated effect on the neck.

Also, make sure the tilt is "towards the camera" meaning forward, and not backward, otherwise, it will look unnatural.

4. If it bends, bend it!



If there's one thing you should always remember, is to bend your joints! Nothing will make you look more stiff than, well, looking stiff! One easy way to remove the stiff look is to bend your joints, specially the ones closer to the camera. Pop the knee, put your hand on your waists or lower back, put them in your

pocket, or even play your hair.

If your midsection is a concern, bend the arms by bringing the forearms towards that area (and grab your index fingers and thumbs, at belly button height) and you will immediately disguise your midsection while showing the arm bent. Another instant slimming effect!



5. Use the Environment

One easy way to remove the awkwardness from photos is to use things around you - a fence, a wall, your friends, a light pole, etc.

Using the environment will help you with the bending of the joints, and it can also help you feel more confident because it's not just "you" standing there.

Here are a few examples:

- Lean against a wall
- Place your elbows on a railing
- Place your hands on a railing while looking over your shoulder



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HERE ARE A FEW POSING IDEAS USING THESE TIPS!



Face the railing, one hand on it, the other one on lower back, look over your shoulder.



Toes away from camera, hand on waist, the other hand plays with hair, tilt towards the camera.



Feet 45° away from camera, hand in pocket, the other arm holding the fence.



Cross your arms in front of you, hold your forearm (this creates a natural bend on your arms).



Sit on your heels, bend the arm closer the camera, back hand fluffs the hair (creating a bend).



Sit at the edge of a step, bench or chair, slight bend on arm closer to camera, back hand plays with hair.