

MADDYCHRISTINA'S

# 5 TIPS

*for your couple sessions*





# 5 Posing Tips

*for your couple sessions*



*We always hear that being an artist is the total opposite than a technician. As a photographer, you have to go with the flow, the wave, the energy of the moment, and catch it the way it comes.*

*I definitely believe, after 10 years doing this job, that there is no «one way» to be a photographer. It's just what ever you are comfortable with.*

*We all know about this long debate about «posing or not posing» in front of the camera, and there is no answer actually. My approach is maybe somewhere in the middle. I create a frame where I place my couples they'll be in their advantage, and to let the emotion coming in that frame.*

*Do I pose my couples? Yes. Do they look frozen? I don't think so. I don't want them to. The emotion is real, just in a beautiful setting (or a way I like!)*

*Since I'm obsessed with details, let me share with you a few of them to help you take your posing to the next level! «*





*No1*

## Explain and talk

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Maybe it sounds ridiculous to say, but believe me, when you pose your clients the way I do, you have to talk to them and to explain to them what you do, and why you do it. Sometimes, the pose I ask them can look a bit uncomfortable or strange, and I need them to trust me to do it without looking like «What is she asking us to do ?? How is it going to look like?».

To have their trust, I have to explain why I want them to do that. Once you explain, they understand, keep that in mind, and as they know now that you do everything in their best interest, for them to look sexy and beautiful, they'll now participate more comfortably in the pictures.



## No2

# Having a workflow

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I talk about this in detail in my book «The Couple session», but having a workflow will save you a million times from running out of inspiration.

As I always say, we are not machines, and we have days with and days without. Some days we are creative and inspired like never before and others, it's a black out. In these moments, it's good to have the basics in mind to save your session.

I share my own workflow in my book, but feel free to take a piece of paper, and to write yours down. What do you start the session with? What are your essentials? What is the story behind it? Take a look at pictures you've already taken to see what you like and to make it your signature.



## No3

# Small things are big things

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Ok, I'm obsessed with hands and legs. Not in real life, but on pictures. I hate having a hand just down, doing nothing, the arm glued to the body, making it look bigger.

Putting a frame around the emotion, is for me about fixing these small things, and then, letting the emotion go.

Every hand I see has to be busy, or it has to be there for a reason. Her leg has to be folded and his feet are well planted in the ground. Little details like these could make for me a difference between saving or not a picture while I do my selection.

*No4*

## The body is a puppet

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Do you know the wooden puppet that used to sell floor wax ? (or maybe it was just in France!). I'm pretty sure you see what I mean! That is what I imagine every time I work poses with my clients or with my students.

Because every part of it is totally independent. Of course, a human body is not that flexible, and some poses could be really uncomfortable. But to achieve what we see in our mind, we have to work on each part of the body separately.

This is the order I follow when I'm posing someone in front of my lens:

- 1// Feet & legs, as they are the base of the rest of the body
- 2// Hips, closer, opened, turned...
- 3// Chest & Shoulders in one side, usually the opposite of the hips. 4// Head & Look, usually the same side than the shoulders
- 5// Arms, hands and details, to adjust and push the picture to the next level.

No5

## Change the perspectives.

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As you may know, my favorite (and quasi exclusive) lens is the 50mm (or approximately, depending of the camera). That means I can do almost an entire wedding only with this lens, and despite of that, having complete different looking pictures.

It was actually an exercise I did myself when I started and I ended up loving working like that. My goal was to find another way than hanging the lens, to have different images for my clients.

My solution was to develop my Posing, that is why now I'm totally obsessed with it, and also to change my perspectives. Moving away, making them sit on stairs, asking for them to dance... It's an exercise I highly recommend to stimulate your creativity.



# Go to the next level

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Interested in taking the experience to the next level? Enjoy «The Maddy's Couple Session Book», with a 100 pages of advice and tips about marketing, communication, and a complete workflow of poses to never run out of inspiration anymore!

Find it clicking [HERE](#)





# raising, elevating, upgrading

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*Push your business to the next level.*



Since 2011, Maddy Christina travel all over the world to capture her client's weddings and events.

Living now between the French Riviera and Dubaï, it's with her 10 years of experience that she can share advices to other entrepreneurs, the same way some did to her before.

Autor of several books for photographers, but also for brides-to-be and even 13 novels through the years, it's by writting she chooses to share her knowledges and skills.

NOW AVAILABLE:

«The Couple session»

«The bridal posing book»

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