

5 GO TO POSES



FOR COUPLES

BY PARKER & ABBEY

WELCOME



Hey there! Thank you so much for downloading this freebie! We hope you find it useful!

We know posing can feel stressful and overwhelming. You want your clients to feel relaxed, comfortable, and like themselves but you also want them to look their very best to create the images of their dreams!

Many photographers don't want to pose their clients because they want to get natural, candid shots. We believe in the importance of candid moments captured, as well as natural looking photos. We also believe that a photographer that can pose in natural ways and then pull genuine emotion from the subject can create a true work of art.

We've compiled five of our go to poses for couples! We love these poses as they feel natural, romantic, and are easy to build off of. Read on for more info!

— PARKER & ABBEY



01

HOLD ONTO ARM

This pose is so diverse and can be built upon very easily.

1. Ask the man to stand with his feet shoulder width apart and with toes pointing at you.
2. Have the man place both hands in his pockets.
3. Ask the woman to step about halfway behind him, splitting her chest at his arm.
4. Have the woman hold onto his arm with one hand above the other.

This is a classic pose perfect for smiling-at-the-camera shots and candid shots. You can easily vary the pose by having them smile at each other or have her bottom hand hold his hand closest to her.

POSE TWO: MATERNITY

During maternity sessions we always want to bring the focus to the baby bump. We like to always have at least one of the mother's hands on her baby bump.

For this pose, have the mother stand at a 45 degree angle from you with her feet together. Have her bend the leg closest to you and place one hand on top of the bump and the other below it. Then ask her to slightly turn at the waist towards you.

Bring the man in with his chest against her back. He will place his hand on her elbow/upper arm.

This is a classic, sweet pose we use in every maternity session.



POSE THREE: WALKING

Walking shots are some of the very favorites! It's a fun way to get natural movement in your photos.

You can have your couples walk in a few different ways. One way is to have them hold hands while they walk. Another way is to have him put both hands in his pockets and have her hold onto his arm with both hands while they walk.

Ask the couple to alternate where they're looking while they walk: at each other, at the ground, and at you. They don't need to be in sync with each other.

We also ask the girl to place one foot in front of the other like on a tightrope - this elongates the line of her leg and keeps her toes pointed. You can also ask her to grab her dress so it doesn't drag or swish it slightly to add more movement.

For laughing walking shots, you could ask them to lightly hip bump each other as they walk.





POSE FOUR: TOUCH FOREHEADS

Having couples touch foreheads is such a sweet, gentle pose that brings out romance and emotion.

Ask them to touch foreheads softly. You could also ask them to touch the tips of their noses together gently. Then have them close their eyes or look at the tip of the other's nose.

You can change the pose by having one cup the other's jaw with their hand or they could rub noses until they laugh.



05

DANCE

We love love LOVE dancing shots! They are so fun and bring out the personalities of the couple.

Ask him to put one hand in his pocket. Using his other hand, he should grab her hand and twirl her slowly. She can let her other hand hang down or she could twirl her dress while she spins.

Have him smile at her and ask her to alternate smiling at him and smiling downward.

