

5 GO TO POSES



FOR GIRLS & WOMEN

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 women and girls! We love these poses as they feel natural, feminine, and are easy to build off of. Read on for more info!

— PARKER & ABBEY



# 01

## HAND ON HIP

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

1. Tell her to turn at a 45 degree angle from you and to keep her toes together.
2. Have her bend the leg closest to you.
3. Have her place her hand on the hip closest to you.
4. Tell her to turn slightly at her waist towards you!

This is such a classic and feminine pose. You can change the positioning of her hand, have her other hand play with her hair or hold her dress, or have her look off to the side, etc!



## POSE TWO: THE SOFT HUG

Folding arms can feel stiff and cold - the opposite of what we want in photos! Instead of telling her to fold her arms, ask her to gently hold her arms, like a soft hug,

You can demonstrate this by softly placing your hands on your elbows.

This pose is also easily built upon! For example, you can have her drop one arm or put one hand up gently to her face or hair!



## POSE THREE: PLAYING WITH HAIR

There are many variations you can for a girl playing with her hair. Playing with hair is such a fun, sweet way to show off her feminine side!

You could have her put her hand on her hips and use the other hand to tuck her hair behind her ear.

You could also have her give herself a gentle hug and use one hand to push her hair slightly or to tuck her hair behind her ear.

If her hair is longer, you can have her run her fingers through her hair while looking at you or looking away.

Demonstrating how to play with her hair is key - even if you have very short hair! If she's tucking her hair behind her ear, ask her to grab a bundle of strands to tuck behind her ear rather than tucking the whole section by her ear. If she's going to give her hair a little push, have her do it with slightly open fingers and push very, very gently! If she's going to run her fingers through her hair, show her how by putting your own hands gently through your hair being sure not to pull it taut.







## POSE FOUR: TWIRLING DRESS

Dresses photograph so well and we love the movement they can bring to a photo!

Having her twirl her dress can add another dimension to the photo while also emphasizing her femininity.

We begin by telling her to grab the sides of her dress lightly. She will then twist from side to side, alternating looking at you, looking to the side and looking down.

Alternatively, if she is a young girl or child, you could have her hold her dress and twirl like a princess. This pose always looks very sweet and innocent.



# 05

## WALKING

We love love LOVE walking shots! Walking adds movement to the photos, which is very appealing to the human eye. It is a sweet and fun way to bring natural movement and emotion to the shot.

Start by having her stand where she'll begin walking. We always tell our female clients to walk like they're on a tight rope with one foot in front of the other. Walking like this brings a nice elongation to the legs and is very flattering.

We also ask them to grab the side of their dress and swish it lightly while walking or we ask them to lightly tuck their hair behind their ear.

Lastly, we have them alternate looking down at the ground, looking off to the side, and looking at the camera to get a variety of different shots!

