

# LOUVENIR

## 5 TIPS TO FEEL COMFORTABLE AND BE YOURSELF IN FRONT OF THE CAMERA

*A friendly guide to help you feel natural, relaxed, and genuinely yourselves during your session.*



[www.louvenirs.com](http://www.louvenirs.com)





## *A Friendly Guide to Help You Feel Relaxed*

Most couples feel at least a little nervous about being photographed.

Maybe you're excited but also worried about looking stiff...  
or not knowing what to do with your hands...  
or feeling like someone is watching you.

### *If that sounds familiar, here's the truth:*

You're not alone and you're not supposed to know what to do.  
That's our job. Your only job is to be yourselves.

Our goal is to create a space where you can breathe, move naturally, and enjoy being together. This guide shares five simple tips to help you feel grounded so your images reflect who you truly are.

# TIP 1: COMMUNICATE WITH US

## *Share Your Thoughts, Worries, or Nerves*

If you're feeling nervous or unsure, tell us. If something feels awkward, let us know. Your honesty helps us shape the session around you.

## *When you communicate with us, we can:*

- Guide you more gently
- Move at a comfortable pace
- Choose prompts that ease you in
- Avoid anything that feels forced
- Create a session that fits your energy



This is a collaborative process, not a performance. The more we understand you, the better we can support you.



## TIP 2: CHOOSE A LOCATION THAT FEELS LIKE YOU



### *Comfort Comes From Familiar, Meaningful Spaces*

People naturally relax when they're in places that feel comfortable.

#### *This could be:*

- Somewhere you visit often
- A location tied to a special memory
- A landscape that feels peaceful
- A cozy spot you love spending time together

When you're in a space that reflects your relationship, your body language softens and you naturally become more present.

Beautiful views help but the emotional connection matters most.



# TIP 3: MOVE TOGETHER INSTEAD OF HOLDING STILL



## *Movement Creates Natural Connection*

Still poses make people overthink:

“Do I look okay? What do I do with my hands?”

## *Movement dissolves that tension.*

Some of our favorite prompts include:

- Walking hand-in-hand
- Leaning into each other
- Wrapping up in a jacket or blanket
- Swaying gently
- Exploring the landscape together
- Pulling each other close

Movement creates real expressions, soft moments, and genuine emotion.

**These aren't poses they're interactions.**



## TIP 4: REMEMBER TO BREATHE

### *Pausing allows for more intention*

Most people hold their breath when they're nervous creating tension in the face, shoulders, and hands.

### *A slow breath helps you:*

- Soften your expression
- Settle into each other
- Stay present
- Release tension you didn't realize you were holding
- Shift from "posing" to simply "being together"

Before we begin shooting, we often pause for a breath with you.

**It makes a noticeable difference.**



## TIP 5: EMBRACE THE VULNERABILITY



### *Being Photographed Is Vulnerable and Beautiful*

You don't need to be perfect.

You don't need to perform.

You only need to feel.

### *Beautiful moments happen when couples:*

- Laugh at themselves
- Settle into each other
- Reach for one another without thinking
- Allow the quiet moments to exist

When you let yourself be seen gently, honestly, and imperfectly, the images become memories you'll treasure for years.



## IF YOU IGNORE THESE TIPS

You might still end up with beautiful photos but the experience might feel tense or disconnected.

We want your images to feel warm, natural, and reflective of your relationship and that comes from being open, present, and supported.



*Adding movement helps place you both at ease*



## WHEN YOU EMBRACE THESE TIPS

*You create space for:*

- Real emotion
- Natural movement
- Soft laughter
- Gentle moments
- Honest connection
- A session that feels like the two of you simply being together

This is how you get photos that don't just look beautiful they feel like memories.



# FAQS

**Q: What if we've never taken photos before?**

Totally normal most couples haven't. We guide you every step of the way.

**Q: We're not very "posey." Will this still work?**

Absolutely. We focus on natural movement, not stiff posing.

**Q: Do we need to practice ahead of time?**

Nope. Just show up as yourselves. We'll handle the rest.

**Q: What should we wear to feel comfortable?**

Wear clothing that feels like you and allows movement. Layers and textures always photograph beautifully.