

# TURN 1 POSE INTO 9 POSES IN 2 MINUTES



FOR WOMEN & GIRLS

# WELCOME



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

Isn't it so frustrating when you can't think of another pose during a photo session? Or you find yourself memorizing ideas of Pinterest before it starts? Let's change the way you think about posing!

Read on to learn how to change the way you think about posing so you can easily make one pose into many poses within minutes!

— PARKER & ABBEY

# Turn 1 pose into

9 poses in 2 minutes!

*Do you feel stuck when you're posing your clients? It can feel so frustrating when you run out of pose ideas during a session or have to memorize Pinterest pose ideas before the session starts. Let's change the way you think about posing! Instead of thinking of a bunch of different poses, think about how you can take one pose and tweak it into another!*

① Have her turn at a 45 degree angle from you with her toes together. She'll bend the leg closest to you, place her hand on her hip, and twist slightly at the waist towards you.

② Keeping the same pose, ask her to look off to the side with a smile.

③ Ask her to then look down her shoulder with a soft, closed smile.

④ While looking down her shoulder with a soft closed smile, have her play with the ends of her hair.

⑤ Then ask her to do a bigger smile.

⑥ While playing with the ends of her hair, have her smile off to the side.

⑦ Then ask her to move her hand from playing with the ends of her hair to tucking it behind her ear gently.

⑧ Have her drop the hand playing with her hair. Ask her to turn away from you and then twist at the waist, looking back over her shoulder towards you.

⑨ Lastly, ask her to drop both hands and grab her dress or skirt and twirl it while smiling off to the side. If she is in jeans, have her drop both hands and bring one arm across her body to grab her upper arm.





POSE 1:  
HAND ON HIP



POSE 2:  
HAND ON HIP, LOOK TO SIDE



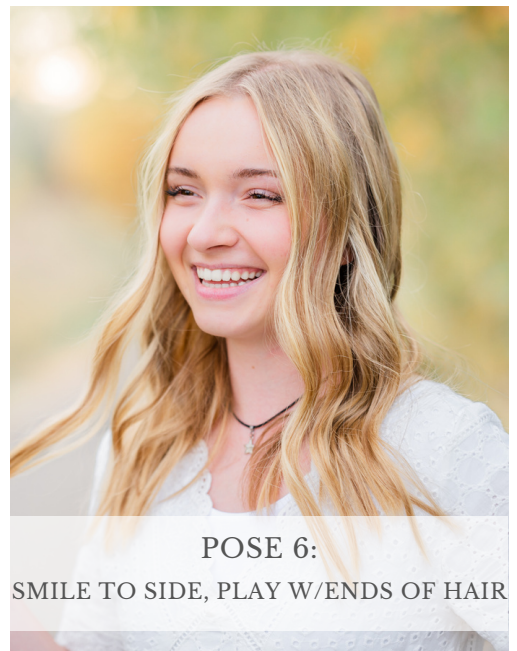
POSE 3:  
HAND ON HIP, LOOK DOWN



POSE 4:  
SOFT SMILE, PLAY WITH ENDS OF HAIR



POSE 5:  
TEETH SMILE, PLAY WITH ENDS OF HAIR



POSE 6:  
SMILE TO SIDE, PLAY W/ENDS OF HAIR



POSE 7:  
TUCK HAIR BEHIND EAR



POSE 8:  
SMILE OVER SHOULDER



POSE 9:  
DROP HANDS AND SWING DRESS

# Thank You!

We hope this guide has been helpful! Want even more help?  
[Outsource your editing](#) and get your time back to do the things you love!



## **CONSISTENCY**

We pride ourselves in helping you craft images that are consistent within and across galleries! You'll never have to worry again if your images will look good side by side on media platforms! Your images will be consistent with your style and brand and will easily identifiable.

## **TIME SAVED**

Imagine all the time you'll save by having us edit your images for you! Say goodbye to long hours behind the computer screen and hello to family game nights, walks with your pup, a long bubble bath, and spending time with your kids!

## **ELEVATE YOUR BUSINESS**

By outsourcing your editing to us, you'll have more time to spend on your client experience, booking more weddings/sessions, and advertising your business!

# Outsource Your Editing!



What are you waiting for?

[LEARN MORE](#)