

# POSING

Julie and Wolfgang Photography



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*Thank you to our model, Jacqueline!*

*We had lots of fun shooting this guide.*

*Be sure to follow her on Instagram @jacquelinebiollo*

## A few quick notes about us:

- ♥ We are married
- ♥ Wolfgang is originally from Austria
- ♥ Julie is originally from Webb, Saskatchewan
- ♥ We love living in Edmonton
- ♥ We recently binge-watched Game of Thrones again. Wolfgang's favorite character is Jon Snow, Julie's is a tie between Arya and Tyrion ('I drink and I know things') . We agree on our least favorite, Cersei.
- ♥ Wolfgang is the photographer
- ♥ He has over 20 years of photography experience and a fantastic creative eye. You'll love the photos he takes.
- ♥ Julie assists and keeps an eye on the details



- ♥ You don't have to worry about stray hair or clothing tags showing with Julie around
- ♥ Favorite foods: pizza, chocolate and diet coke... and sometimes salad 😊
- ♥ And we relax by grabbing our cameras and going out into the countryside around Edmonton or to Jasper.

**Why** did we put this guide together ?

Whether it's for a family photo, a professional head-shot or simply for social media – striking a good pose can make the difference in whether you like an image or not!

Not everyone is a model or feels comfortable in front of the camera.

The good news is that it's not rocket –science.

Follow a few general tips and you'll see how it'll make a big difference in the way you look in pictures.

**Who** is this guide for?

It's for every woman...



**Posing is not an absolute art.** And it's not an exact 'science'. There will be different opinions of what looks better, but a lot of that is a **matter of personal view and opinion.**

With this guide, we want to provide some general poses and a few tips that help you to improve your posing for everyday photos, family photos and such.

We hope you enjoy it and are inspired to practice in front of a mirror!

*Julie and Wolfgang*  
www.julieandwolfgang.com

symbols used on the next few pages:

**✗** /red : areas to focus on –definitely room for improvement

**✓** /green: improved areas, best options

**-ish** pose OK but details can be improved



# Feet & Stance

Fairly straightforward

for the most part ;-)

General rule here is to point

one or both feet towards

the camera.

- **Avoid** pointing your toes **towards each other** (it's more common than you think)
- Avoid **extreme angles**. It looks unnatural.
- Put your **weight onto your back leg** (the one further away from the camera).
- A **wide stance**, also called a **power stance**, might not be the best for a portrait or family picture, but it's up to you.



# Stance / Weight / Hips

Have a go at these poses in front of a mirror:

- Keep your **shoulders relaxed** and down (shows more neckline)
- Watch the **open space** between your arms and body
- Watch on which **leg/hip** you put your **weight**
- Push out your hips and chest area — hips backward/sideways, chest forward or in opposite way of hips
- **Create an 'S'** with your body, accentuating your curves
- Standing straight or slouching may show some rolls in unwanted ways



# Arms & Hands

Now that you have your feet, legs and hips sorted out, it's time to deal with your arms and hands:

- General rule of thumb — give your arms and hands *something to do* or *something to hold on to*.
- Arms: don't let them 'dangle'.
- If you put your hands onto your hips to emphasize your waist, keep them roughly at the same level
- Hands : **keep your fingers together**, don't let one or two 'stick' out.

(...more on the next page)



## Arms & Hands continued

- Keep your hands and fingers *visible*
- Keep your elbows *parallel* to your body.  
Bringing your elbows too much forward or backward can make your arms look shorter and disproportionate.
- When wearing loose clothing (i.e. Jacket), make sure your hand is **not hidden** behind a fold.
- If you decide to keep one arm/hand candid, try to curve it a bit to show it relaxed. Keep your fingers and hand soft, **don't hide your fingers or make a fist**.





# Arms and Shoulders:

- Don't *cross* your arms and hide your hands. It's not welcoming and can send the wrong message.
- When you put your hands on your waist, *don't shrug* your shoulders. This makes you look uncomfortable and also *makes your neck look very short*.
- Relax your shoulders.
- Keep your hands 'soft'





## Standing—general tips:

- Get comfortable
- Don't stand 'at attention'.
- Don't let your arms **dangle** — this adds to the perceived width and **makes you look *bigger***.
- Give your hands something to do. Don't let them just 'hang' around
- Put your **hands in your waist** or rest on your thigh with a little space between elbow and hip —this creates more of a waistline.
- Shift your **weight on one leg/hip**. This **emphasizes your curves in a good way!**



## What we've learned so far...

- Keep a bit of **open space** between your body and arms.
- Keep your **elbows away** from the body, **parallel**, not forwards or backwards (doing that also distorts your shoulder line and can make it look awkward).
- If you want your hands **away from your body**, create a triangle. This also helps to keep excess skin on the upper arms in check.
- Shift your weight onto one leg, accentuating your curves!



## Posing sideways:

Most general posing rules are the same whether you are facing the camera straight on or sideways:

- Keep your **arms away from the body**—arms close to the body make it look wider
- Turn your **upper body slightly towards the camera** (the shoulder farther away from camera gets turned forward, towards the camera)
- If you wear loose clothing, **use your hands to show some contours**. Draw/hold the cloth closer to the body without making it look fake.
- Keep your **shoulders down**



## Posing sideways continued

- Create open spaces ('negative space' in photographer lingo) this allows to **show your contours**.
- "Detaching" your arm from the body also helps your arm look slim. **Pressing** your arm **against your body widens** it and is unflattering.
- The same with your hand on your head: create some open space and keep your hands/fingers relaxed.
- When posing sideways turn your upper body slightly so that **both arms and shoulders are visible**.
- Ensure both hands are visible.





# Posing with objects

It can add interest to a photo to pose with a chair or other object. It also helps to not feel 'lost' in the middle of a room.

- Do not lean 'heavily' on the object (remember—that pushes the shoulders up and shortens the neck)
- If you want to cross your hand in front of the body, make sure it looks relaxed and that you don't press your arm against your body (widens it).
- Put your weight on one hip, especially against straight objects. This will show curves better.



## ...a few last words

First, thank you for downloading and reading our little posing guide! We hope it helps you be more confident in posing for future photos. We are planning on a couple more posing guides: focusing on men, couples and families, as well as a few selfie tips—so keep an eye out for them and make sure to check your inbox!

Take a few minutes and practise in front of a mirror or get together with a friend and have some fun with it!

All the poses shown are only suggestions and are generalized. Depending on body type, clothing, surroundings, lighting, camera/lens type and more, you may have to adjust the poses a bit — In the end you have to be happy with the pictures.

Have fun posing

*Julie and Wolfgang*

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Feel free to let us know if you have

any questions. You can contact us

through our website at

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

