

# Posing guide

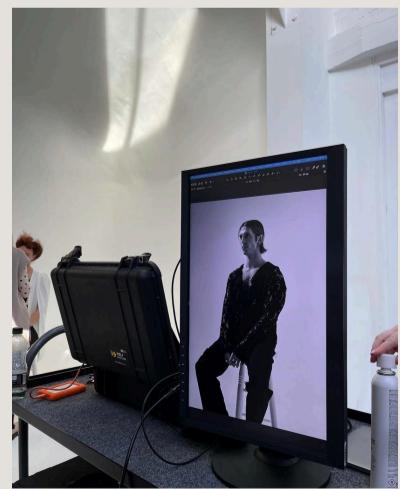
By Yan Mark @yanmarkph

Hi, I'm Yan, a photographer and former model based in Vancouver. When I work as a photographer, ensuring that my models feel comfortable on set is a top priority for me. I always assist with posing, offering a variety of simple and interesting poses.

That's why, to make the pre-production process easier, I created this guide. You can choose your favourite poses in advance, do a rehearsal in front of a mirror, and check them during the photoshoot. This guide will be helpful if you're a photographer, beginner model or if you simply enjoy taking pictures.

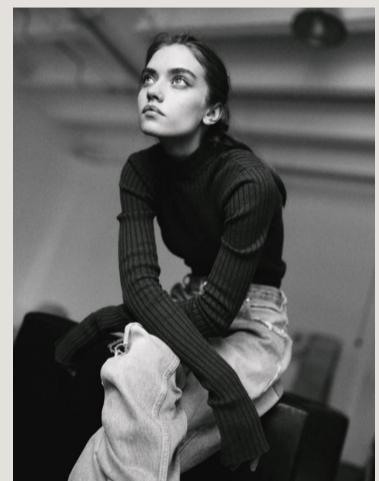
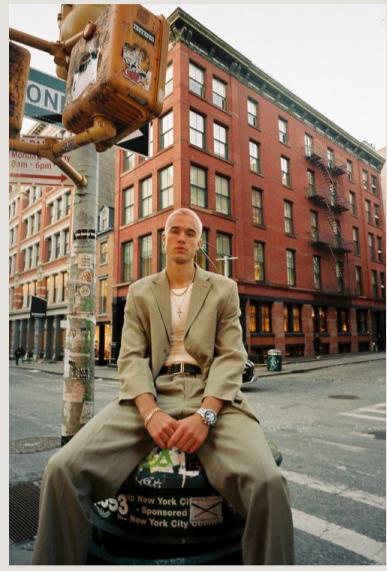
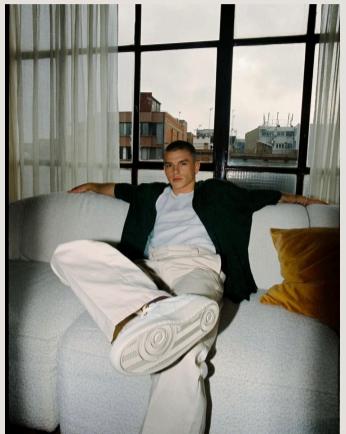
# On Set in studio

It's important to feel confined when you do poses, but it's very hard to see yourself from the side. As a former model, like everyone else at the beginning of my career, also had difficulties in posing. That's why I provide a mirror or monitor for my models so that they can choose a better angle and be more confident in their poses.



# Sitting poses

I always start my shoot with sitting poses, that way my model gets comfortable on set, whether it's a studio or outdoor location. Sitting poses have big potential for good photos! The main thing is not to be afraid of experimenting with different poses of your hands and legs



What's important to consider when posing while sitting:

- Don't sit with your knees facing the camera, it's better to sit at a 45-degree angle, slightly bend your legs
- Keep your back straight.

# With a chair

The chair is the simplest prop that you can use for your interesting shots

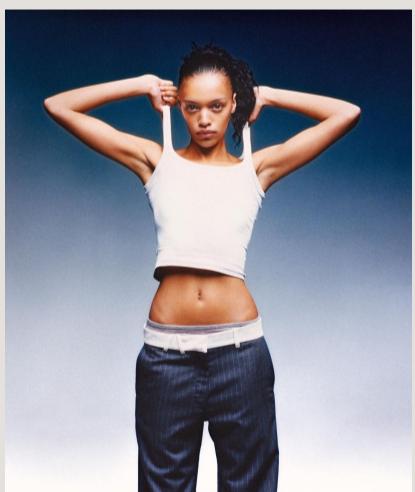


What is important to consider when posing with a chair:

- Extend your legs, slightly bending at the knees
- Maintain a straight posture
- Avoid frontal poses with your knees facing the photographer

# Standing Poses

It's important to feel confined when you do standing poses, but it's very hard to see yourself from the outside. As a former model, like everyone else at the beginning of my career, also had difficulties in posing. That's why I provide a mirror or monitor for my models so that they can choose a better angle and be more confident in their poses.



What is important to consider when posing standing:

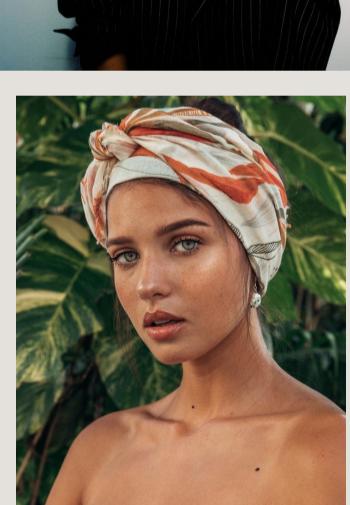
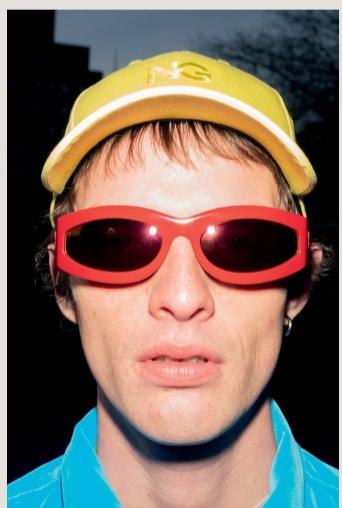
- Avoid frontal angles, turn partially towards the photographer
- Try to add dynamics to the movement of your legs, don't keep them together, try walking poses.
- Don't be afraid to move your arms: bend them, bring them to your face, or use your pockets

# Portraits

"It's one thing to make a picture of what a person looks like, it's another thing to make a portrait of who they are"

-Paul Caponigro

Portraits can be done during any pose, standing, sitting or laying. Don't miss the moment



What is important to consider when posing for portraits:

- Try to relax your face and lips for calm look
- Pose with your hands on upper body level, touch your hair etc.
- Don't be afraid to express your emotions for more interesting shots! :)

# Portraits with hand poses

Hands in the frame can play a crucial role in conveying a person's character and the overall mood of the shot. I recommend trying to move away from their static position and experimenting a bit.

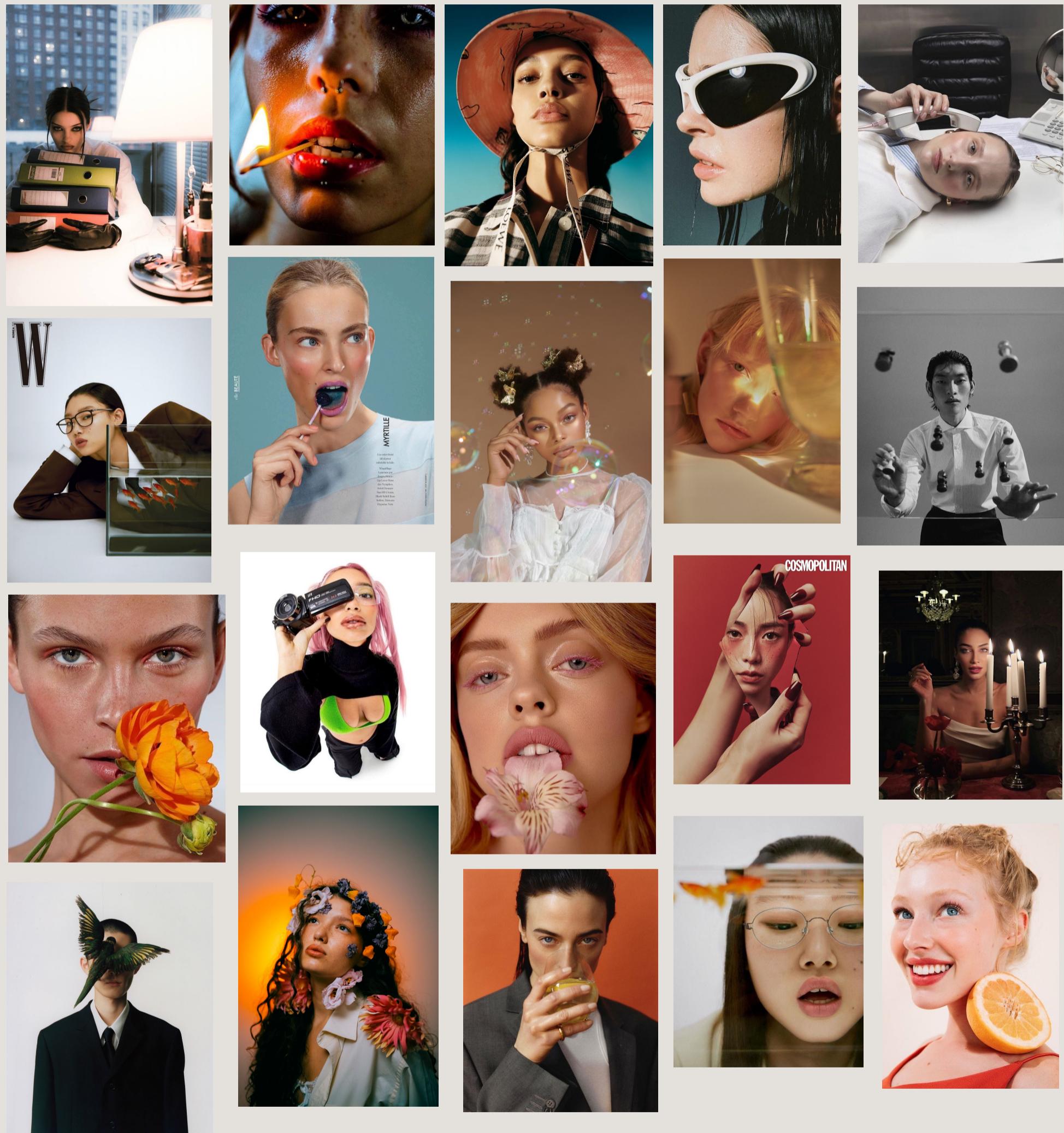


What is important to consider when posing with hands for portraits:

- Relax your hands, face, and lips.
- Move your hands slowly and naturally.
- Avoid pressing your hands too tightly against your face or head.

# Portraits with props

Using props during a photoshoot can create real masterpieces! The key is not only to have them but also to use them wisely



# Lying down

Lying down poses can be done using additional props such as chairs, sofas, mattresses, or even a concrete floor. Unusual angles and details of the outfit in the frame (boots, shoes, headwear, accessories) will look advantageous.



What is important to consider when posing lying down:

- Keep your chin down.
- Tilt your head slightly to the side.
- If there is a supporting arm, avoid leaning too heavily.