

POSING TIPS

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Side Shot

When standing on you side to the camera, it is not as flattering as standing in a half turn, with your shoulders spread, shift your weight to your back leg, move your front leg forward and stand on your toes

DONT ✗



DON'T ✗

DO ✓



DO ✓



Hips closest to the camera



Hips away from the camera

Curve your Body

DON'T ✕

DO ✓



Curve
by moving

slightly sideways to the camera, and put your hand on your waist.



your Body
your hips

Make your arms look more graceful

DON'T ✕

DO ✓



To make your arms appear more graceful in photos, don't hold them against your body too firm. Turn sideways to the camera, and put one hand on your hips to create a gap between your arm and your body.

Pay attention to where you put your arms

DON'T ✕



DO ✓



Hide tummy bulges

DON'T ✕



DO ✓



When sitting on a chair facing the camera, you can make your posture more elegant by sitting to the front and side of the chair and making an inclined position with your legs to the side.

Sit with your back straight

DON'T ✗



DO ✓



Perfect posture can sometimes be forgotten about, but sitting with your back straight can dramatically change your overall look.

- Practice your poses and facial expressions in front of a mirror, when you feel happy with a few looks, remember them, and keep practicing until you feel totally comfortable. For most of us, one side is more attractive than the other, if you find the one you love remember it.

Remember to breath and have fun!

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