

Sample Poses to Get You Started

Today's media and advertising industry heavily exploits "fashion" and "sexy" themes. Over time public perception of what is acceptable has also broadened. This trend drives the demand and naturally glamour and nude photography is increasing in popularity. Specialized glamour photo studios are opening with photographers working together with professional hair and make up artists in order to provide a kind of "fashion model" experience for their clients. This might be the direction you want to take to get that perfect picture, but isn't necessary.

For the purpose of your painting or sketch you can achieve satisfactory results on your own without a great deal of expensive and complicated equipment.

The increasing popularity of nude and erotic photography is not surprising, many women like the whole experience – dressing up or stripping off, trying on different ideas and accessories, creating different moods. But there are several factors each of which can mean all the difference for the final result – hair and make-up, clothing and accessories, lights and posing. Of course, each of these are a broad subjects and in this article we will only touch the surface of the posing part.

So here follow sample poses that you can use as the starting point for your glamour portraits or simply as an idea for a shot.



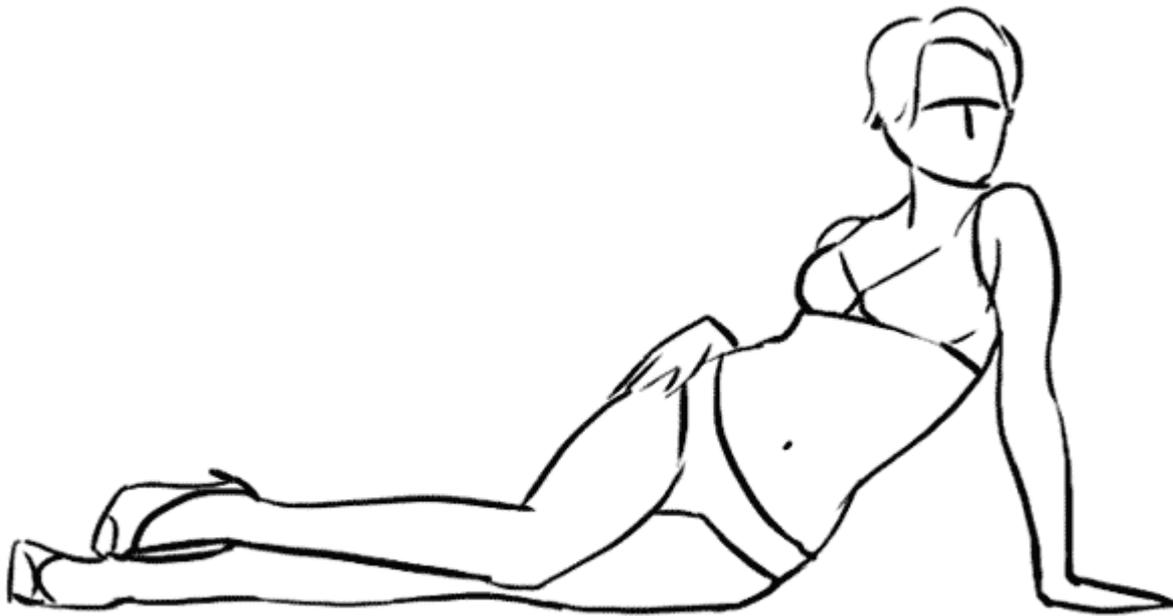
1. Good starting pose for an intimate glamour. Works well in different surface settings: the model, for example, might lie on a bed, on the ground, in the grass, or on a sandy beach.



2. Just a different variant for the model lying down. Works very well with all body types.



3. Really nice and lovely pose. Shoot from a low angle. Ask the model to keep her upper body slightly lifted, but the head – slightly tilted down. Toes should always be pointed.



4. A demanding pose. A few things need to be checked: Supporting hand must be turned away from the body, stomach muscles should be controlled, and feet need to be stretched. Works only with slim to athletic body types.



5. Another challenging pose. Not so easy to pose and very demanding for a photographer. In order to shoot this pose successfully you have to pay attention and scan all body parts – hands, head,

waist (avoid skin creases!), hips and finally legs.

6. Beautiful pose for an outdoor shooting. Ask your model to lay down, curve her back and stretch her feet.

7. Beautiful pose for the model lying on the ground. Upper body should be slightly lifted and the model looking back over her shoulder. Works well with all body types. Try different angles and look for the best position by moving gradually around the model.



8. Easy and simple pose to emphasize a feminine shape. Works also well as a silhouette against a bright background.



9. Variant for fine arts nude photography. Variations are endless with different hand, leg and head positioning.

10. Easy and gentle pose. A model should sit on both of her legs and feet, but it shouldn't be too heavy. Eyes looking over her shoulder.

11. Easy yet gorgeous pose. Works well in different settings, both indoors and outdoors. Also suitable for a silhouette shot against a bright background.

12. An absolutely gorgeous pose if done properly. Correct limb positioning is crucial. Works exceptionally well with all body types. Also note that you should make your shots from a slightly elevated angle.

13. Very challenging pose, leg positioning being the decisive factor for good results. Carefully guide your model to the intended postures. High heel shoes are a must.

14. Simple and dignified pose. Make sure that model's face is not partly covered by her hand or shoulder. Eyes looking down to her body creates particularly romantic mood. The raised elbow should be pointing away from the camera.

15. Very feminine and delicate pose. Remember that glamour and nude photography doesn't exclude using some props. Sometimes a single piece of clothing might be a superb addition to a shot. Thus, the model might partly cover her body.

16. Very helpful aid for creating different poses is utilizing a wall (or any other object of a kind). Wall can be used as a place to put hands on, support a body, back, legs etc.

17. Full height at the wall shot. Again, endless variation and shooting angles are possible.

18. Following from the previous, for example, change you angle and shoot as well from the back.

19. An exquisite pose for slim to athletic models. Many variations are possible. Ask the model to curve a body in S shape, twist her hips and change hand positions. Let her turn her head in different directions.

20. Using a sheer textile as a prop creates endless possibilities for the model and photographer to create very rewarding and outstanding results. Especially marvellous looks can be made in windy weather conditions outdoors.

21. Another good idea for a creative nude photography is to shoot in vast open fields, for example, some cornfield or wild-flowers meadow or even in a deserted landscape. As previously mentioned some textile or other piece of clothing is very helpful for the model to come up with some interesting and graceful postures.

As a final note I will say once again – each of these initial sample poses is only a starting point. Each pose has endless variations. First of all, the model can always try different face expressions, smiles, head turns, hand and leg placements, body turns and twists etc. Only slight variations can make a completely different pose (and a better one!). Moreover, always remember to take a shot from different angles (up and down, right and left), try changing your distance to subject, try different crops and compositions of your shots. After all, posing is trial and error effort. The more variations you will try, the better results you will get.

Sample Poses for couples

Generally a couple should be easy to engage in a photo shoot. If they are initially a bit shy or feeling uncomfortable, just ask them to show you how they felt and looked when they met for the first time. You will invoke them on an emotional level, providing you with natural and loving expressions in their portraits.

You maybe utilizing your camera's "timer", maybe for the first time. The guides for posing as a couple remain the same, but be ready for lots of retakes, and lots and lots of fun.

1. Easy starting pose standing face to face (but looking to the camera) and her holding an arm on his chest. Take both close-up as well as vertical shots.

2. Get the couple to stand very close to each other to catch intimate close-up portraits.

3. Very easy and cordial pose with him holding her from behind. The couple may look straight into the camera or at each other. They might even kiss for a more emotive shot.
4. Fun and loving pose with her holding onto his back and shoulders. Pay attention to hand positioning: It should be simple and natural.
5. Just a variant with her holding him from behind. Remember that the couple doesn't necessarily have to look in the camera. For better results, make them interact with each other by talking, flirtatious looks, laughing etc.
6. Creates a very romantic mood. Works best outdoors with some open space in the background. Shoot only slightly from a back. Remember that you have to be far enough to the couples side to be able to capture each person's closest eye, otherwise you will create an impersonal, "empty" shot.
7. Find some elevation and shoot your subjects from above. A common pose shot from an unusual angle is always creative and will often reward you with surprisingly good results.
8. Another romantic pose. Works best outdoors with some open space in the background. Works also very well as a silhouette against a bright background, in front of a sunset, for example.
9. Easy to realize pose for a full height shot. Creates a calm and affectionate mood.
10. A fun pose. Don't presume this to be appropriate only with younger people. If an older couple feels fine with it, this pose will work absolutely superb with them as well. Try different framings, take full height shots, half height ones and close-ups.



11. Very nice way to show the affection when meeting each other. Works very well in crowded places, such as a famous meeting point in a city, trains or metro stations etc.



12. A pose with a little bit of fun. The crucial part is her leg positioning, each leg should be bent in different angles. While he is still lifting her, take a close-up portrait shot as well.

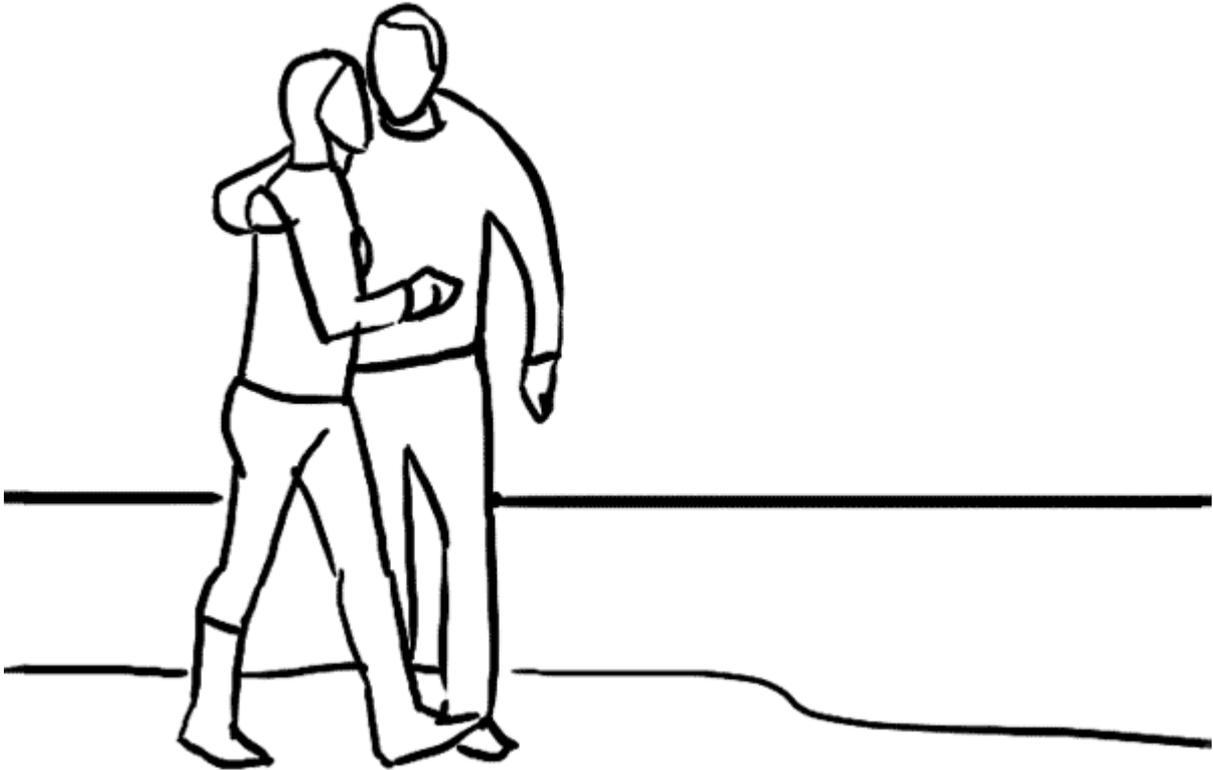


13. Take shots of the couple walking hand in hand approaching from a distance. Shoot in burst mode only! However, the majority of your shots will look awkward because of the leg movement. Therefore, the second part of your job is to select the photos with the best leg movement and positioning afterwards.



14. Another variant with a walking couple. This time couple walks close together and holds onto

each other. Again, take several shots and choose those with the most elegant leg positioning.



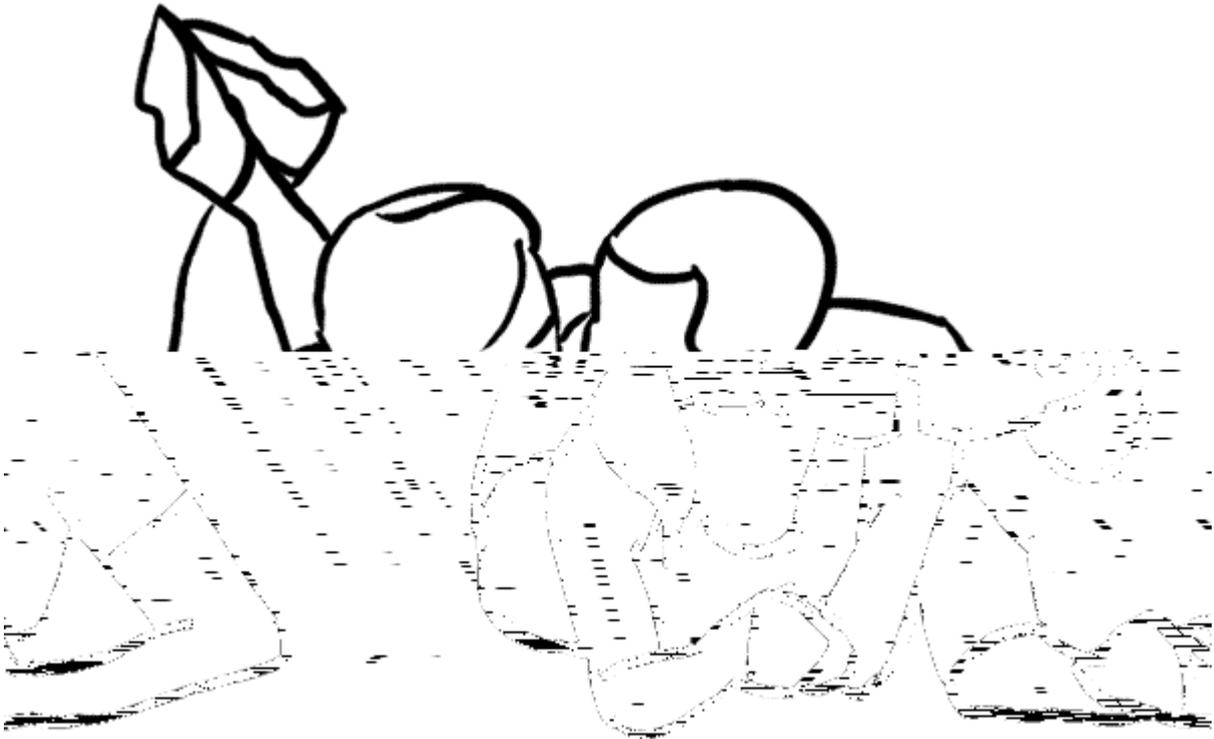
15. Never forget that there often are good opportunities simply shooting from the back.



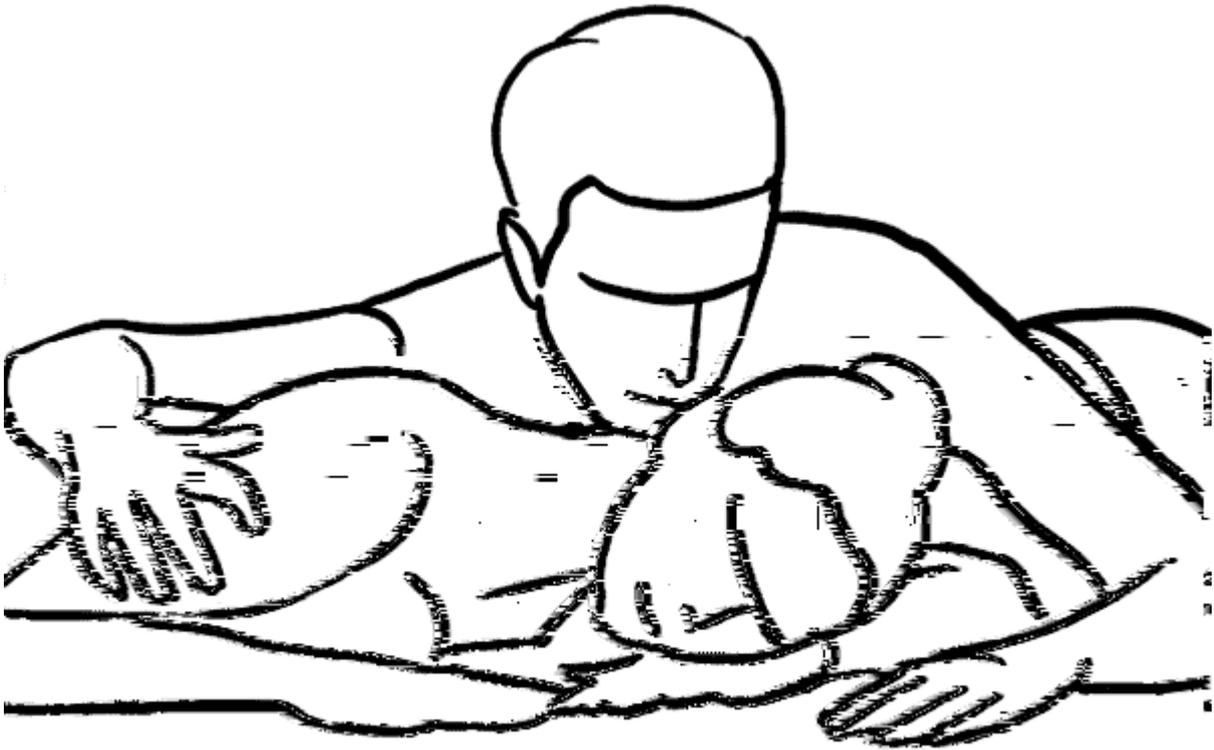
16. A couple lying close together on the ground. Make them lift their upper bodies a bit by using their arms as supports. He might embrace her gently. Shoot from a very low angle.



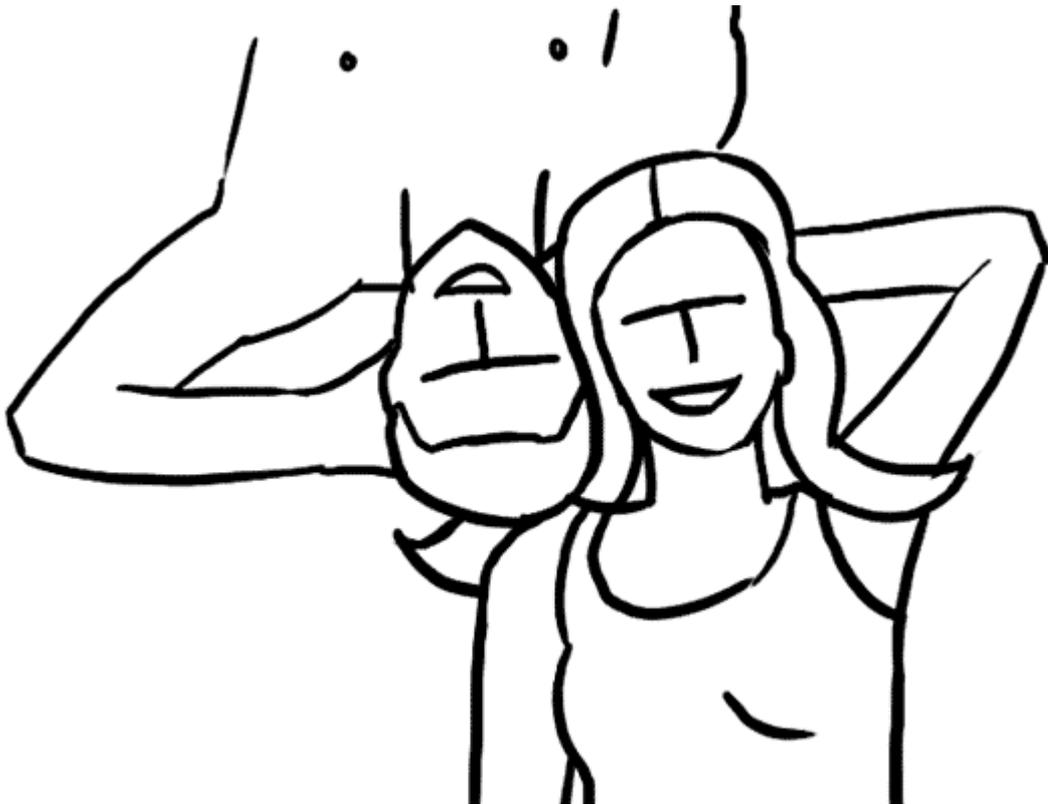
17. Another variant with a couple lying on the ground. This time with a little interspace.



18. A good example to show that two persons can very well be positioned asymmetrically.



19. Informal and fun way to pose for a couple lying on their backs.



20. A cordial pose, ask the couple to sit comfortably on their favourite sofa.

