

photo shoot POISING GUIDE

A complete guide to powerful and memorable poses for your next photo shoot.

From full-body to headshots, ***master every angle.***



NM

NOW MODELS

01. FULL BODY POSING basics

Stand tall with your weight shifted to one leg.

Keep your arms relaxed and slightly away from your body for some poses, and then you can also present poses with your arms crossed or in front of your body.

Angle your body 45 degrees from the camera for some of the shots to add variety.



02. TIGHTER SHOTS basics

Tilt your chin slightly down and forward.

Relax your jaw and soften your gaze.

Turn your face slightly to one side for dimension.



ADDITIONAL tips

Practice Creates Confidence

Spend time in front of a mirror experimenting with poses, angles, and facial expressions.

Try, Review, and Refine

Use your phone or camera to take short videos or test shots. Review and refine your movements.

Music and Mood

Play upbeat or inspiring music while practicing. It helps you relax and move naturally.

Repetition Builds Comfort

Practice poses repeatedly so they become second nature. Confidence grows as movements feel familiar.

Positive Visualization

Picture yourself confidently owning every pose. Visualization reduces nerves and boosts performance.

Twist Your Body

Turn your torso slightly instead of facing the camera straight on.

Shift Your Weight

Put your weight on your back foot and let your front leg bend slightly. This gives natural angles and a relaxed stance.

Chin Placement

Slightly lower your chin and extend your neck. This elongates your neck and defines your jawline.

Relax Your Hands

Keep hands soft and slightly bent. Stiff hands can make a pose look awkward.

Use Your Body

Place hands on hips, waist, or shoulders to create shape and structure.

Interact With Props

Hold accessories or fabric to give your hands purpose and movement.



03. CONNECTION basics

Keep your shoulders relaxed and slightly angled to the camera.

Engage your eyes with the lens to create a strong connection.

Use your hands near your face to frame your features.

Tilt your head slightly for a natural, flattering look.

Avoid stiff arms - create soft angles at the elbows.



04. MOVEMENT basics

Let your body move naturally between poses.
Use momentum to create flowing, organic shapes.
Don't be afraid to experiment with angles.
Keep your core engaged for graceful transitions.



ADDING interest

Motion

Start with subtle movements like shifting your weight, tilting your head, or swaying your shoulders. Small adjustments can create big visual impact.

Use Your Hair and Fabric

Play with your hair, skirts, scarves, or jackets to add flow and energy to your photos.

Walk With Confidence

Take a few steps toward or away from the camera while keeping posture strong and stride purposeful.

Twist and Turn

Rotate your torso slightly or pivot on your heels to create different angles. Movement enhances curves and dimension.

Express Emotion

Let your body reflect the mood. Convey personality, confidence, and presence.

Shoulder Angles

Drop one shoulder slightly or angle your shoulders toward the camera for depth and dimension.

Crouch or Kneel

Adding lower poses creates variety and shows versatility.

Lean and Recline

Use seated or floor poses to create dimension and visual interest.

Mix Standing and Sitting

Alternate between standing, sitting on a chair, or sitting on the floor for different lines and angles.

EXPRESS yourself

Soft Smile

Relax your lips and smile with your eyes for a gentle, approachable look.

Full Smile

Natural, teeth showing, eyes bright. Best for commercial and lifestyle shots.

Power Look

Lips closed, chin slightly down, eyes intense. Perfect for editorial style shots.

Playfulness

Tilt your head slightly and add a half smile or smirk. Shows personality and versatility.

Dreamy

Eyes looking away or slightly up, lips softly parted, expression soft and elegant.

Editorial Expression

Lips relaxed and eyes focused confidently. Think calm, powerful, and effortless.

Laughing

Look slightly away from the camera and laugh naturally.

Over the Shoulder Look

Turn your body away slightly and glance back toward the camera. This creates elegance, mystery, and dimension.

Confidence

Subtle smile paired with strong posture.

Relaxed

Take a deep breath and soften your forehead, jaw, and shoulders. Relaxed expressions almost always photograph better.