

# "Posing Secrets" - Mastering The Secrets Of Camera-Friendly Poses

## Abstract

This very unique workshop is designed for amateur, emerging, and established professional photographers who are looking for the challenge and individuality in posing and directing models to the next level of their craft in the field of Beauty, Glamour or Nude pictures.

- How to focus on the body to aid posing
- The key to duplicating or creating any pose
- Important points to consider for a reclining position
- Exercises and suggestions to help analyze pictures and poses
- Ten simple solutions when your model does not know what to do with their hands
- How to avoid foreshortening of limbs
- The three basic head movements that make a difference to your model's features

## Introduction / Workshop Overview

An inexperienced photographer might find it very difficult to properly direct a model for great poses that will enhance the model's presentation, showing her best face and figure, and most importantly convey the photographer's message. Here you can find some resources which can be really handy when you're shooting in a studio/outdoor with your models.

It is one thing to make a perfect model look good - but use the same kinds of poses on average people, and you will end up with a portrait that simply isn't flattering.

## Workshop Program

The workshop concentrate on the lines of the body and its posture. The main components of posing are the body, legs, arms and head. Each is analyzed and their possibilities shown. You will discover how to develop your own poses and how to use your shoot time efficiently by following methods that easily communicate the pose that you want.

No matter what angle you wish to photograph your model from you can apply these techniques to head shots, ¾ shots and full length shots. Whether you want models still or apparently in motion, seated or standing, this workshop will suggest every pose any photographer would need.

Also you will learn ways to use props to assist in posing and how to coordinating the background, pose, and clothing selection for professional-looking results.

## Workshop Examples

- We show you to compose your pictures with strong diagonal lines. This is pleasing to the eye and can bring the camera closer to the model. In a full-length, the head can be near one corner and the feet near the diagonal opposite corner. Seated poses with the legs brought up form a more compact composition.
- Before posing your model, analyze her best features then look for her poorest features. Select an angle that hides negative points and shows off the good ones. Hips appear smaller when the body is viewed from the side or three-quarters or the model is seated on something and her torso leans forward putting her derriere at a greater distance from the lens.
- Placement of arms is often a dilemma for both model and photographer. You won't hear this from dancers or professional models. Posing is never a problem for them. But to the beginner, props help. We show you how to interact with props and the model.

## Workshop Summary

- Basic Posing-Workshop in the Studio with Flash-Lights & Mixed Lightning
- KnowHow for Portrait, Beauty, Glamour & Nude Photography
- Topics: Model Direction, Body Dynamics, Posing Control, Freeform Shooting
- Participants: Group up to 6 people / or 1to1 in Private or Semi Private agreement lessons
- Workshop duration: Day 1 - Theorie (6 hours) / Day 2: Shooting with the Model(s)
- Model(s): 1 to 2 models on the second day included - depends of the amount of participants
- MakeUp-Artist: 1 day included
- Included: a self-promotional model release
- Included: lunch/snacks/drinks for the whole workshop day
- Included: Backstage footage content mailed where you can see yourself in action!
- Your equipment: 35mm DSLR/SLR Camera, a Lens or several, a Hot Shoe Flash
- Your equipment: Media Cards or Film

“““In addition to the workshop, all handout materials, promotional only model releases, and workshop tutorials distributed during the program will be included in the workshop fees. All materials are copyrighted and can only be used by the attending registrants and may not be redistributed, copied, traded, shared, or sold without written permission from StudioPrague.