

Beginner Posing Starter (18+)

Simple posing cues to look natural and confident — no experience needed.

The 5 golden rules

- Relax your shoulders (drop them down)
- Chin slightly forward + down (defines jawline)
- Shift weight to one leg (creates shape)
- Hands always have a job (hair, waist, collar, sheet)
- Breathe and move slowly between poses

Easy standing poses

- Weight on one hip, soft knees, slight torso twist
- One hand in hair, one on waist
- Look over shoulder (face shown or turned away)

Easy seated poses

- Sit on the edge (straight spine, shoulders relaxed)
- One leg extended, one bent (creates lines)
- Hands on thighs or holding a robe/shirt

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Bed / couch poses (beginner-friendly)

- Lying on side (knees slightly bent)
- Forearms supporting upper body (gentle arch)
- Looking away for a softer, candid feel

No-face posing tips

- Face turned away + hair forward
- Crops: shoulders, hands, body lines
- Silhouette near a window (backlight)

What to remember

- You don't need to "know how to pose." I guide you step-by-step.

Save this PDF and bring 2-4 looks. We'll plan the rest together.