Boudoir Posing Cheat Sheet
by Jen Rozenbaum
**Why Study Posing?**

**Posing is the easiest and quickest way to improve your photos and your client satisfaction.**
Why Study Posing?

The better your client looks, the more she raves about you and the more she buys.
What makes a successful pose?

• Flatters your Subject
  (make them look as good if not better than real life)

• Gets your point across
  (what are you trying to show – feel in your image
  Are you looking for Sexy, Serene, Excited, etc…)

• Creates interest in your image
  (composition, negative space, S-Shape)
How to use this guide

This guide will help you fix common mistakes, help you when you struggle and is a perfect refresher to read before a shoot.
Here are my favorite tips and tricks:
Arms are the hardest to pose.

Arms often add bulk to the body. Keeping them away from the sides of the body help slim a woman and show off her curves.

There are a few ways to do this.
**In Body vs. Out of Body Posing**

**In Body** is when the woman has her arms within the lines of her body (torso) which mimics and accentuates her shape.
You can see here how her arms accentuate her hourglass figure.
In Body vs. Out of Body Posing

Out of body posing is when the woman has her arms outside the lines of her body (torso) which allows us to see her shape without blocking it.
By keeping her arms away from her curves, we see the beautiful natural shape of her torso.
In Body vs. Out of Body Posing

You can also combine the two!

The key to make sure we see the curves and we don’t add bulk.
You can also use the arm to mimic the shape of the body. This prevents the arm from adding bulk.
The same rules apply when your client is laying down.
Be Careful Not to Amputate

It’s perfectly ok for a woman to only have one arm, but if she has two – let’s show that.
This image is much better!
This image is much better!
FINGERS

They’ve ruined way too many photos for me
FINGERS

GIVE HANDS SOMETHING TO DO HELPS HIDE HANDS AND MAKES YOUR CLIENT MORE COMORTABLE IN POSING.
HIPS

Pushing the hips away from the camera makes them look smaller, defines the stomach and lengthens the torso.

This is my #1 Posing tip!!!

Whenever you don’t know how to make a woman look better – push her hips back!!
...Hips away from the camera.

This helps accentuate her hourglass figure and minimize her thighs. Plus look at her gorgeous stomach!
…Hips away from the camera

Her thighs look much slimmer when pushing the hips away.
...Hips away from the camera

What a difference here just by pushing the hips back!
Hips

When taking tush shots, we break the rules and push hips toward the camera.
Pushing the tush toward the camera and out from the waist down makes it much fuller and helps minimize cellulite.
When laying down, we are still looking for curves through the waist and hips.
This is a much better photo just by pushing the hip up!
This is a much better photo just by rotating the hips to the side.
Knees

When laying down the leg furthest from the camera should be lower than the one closest.
Look at how much larger the back thigh looks when it is raised higher than the front.

Raising the front leg is much more flattering.
Posing Cheat Sheet

These are a handful of my favorite tips. I hope you have enjoyed them and they help you in your next shoot.

Remember practice, practice, practice!! That’s the best way to get better at posing and posing communication.

Xo,
Do you struggle with posing?

I want to help.

I made a 90 minute posing video that shows me in my studio shooting 3 different women in 6 different lighting set ups.

This video will help show you how I communicate, light, pose and fix things when I mess up!!!
More Posing tips

The video rental is normally $19.99 but as a thank you for downloading my guide, you can save an additional $5.00 – making it only $14.99

All you have to do is use this link:

https://gum.co/PosingVideo/Posingweek
PS.. MAKE SURE YOU SHARE YOUR IMAGES WITH ME!

DID THIS GUIDE HELP?  
TAG ME IN YOUR FAVORITE IMAGES WHERE THE GUIDE HELPED!!  
I CAN’T WAIT TO SEE. 

TWITTER & INSTAGRAM - @JenRozenbaum

HTTPS://WWW.FACEBOOK.COM/JenRozenbaum

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