

BOUDOIR POSING CHEAT SHEET
BY JEN ROZENBAUM

Jen Rozenbaum
GENERATIONS®

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 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
HOURLASS 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.



Out of Body Pose



In Body Pose



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!





FINGERS

THEY'VE RUINED WAY TOO MANY
PHOTOS FOR ME

FINGERS

GIVE HANDS SOMETHING TO DO HELPS HIDE HANDS
AND MAKES YOUR CLIENT MORE COMFORTABLE 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.





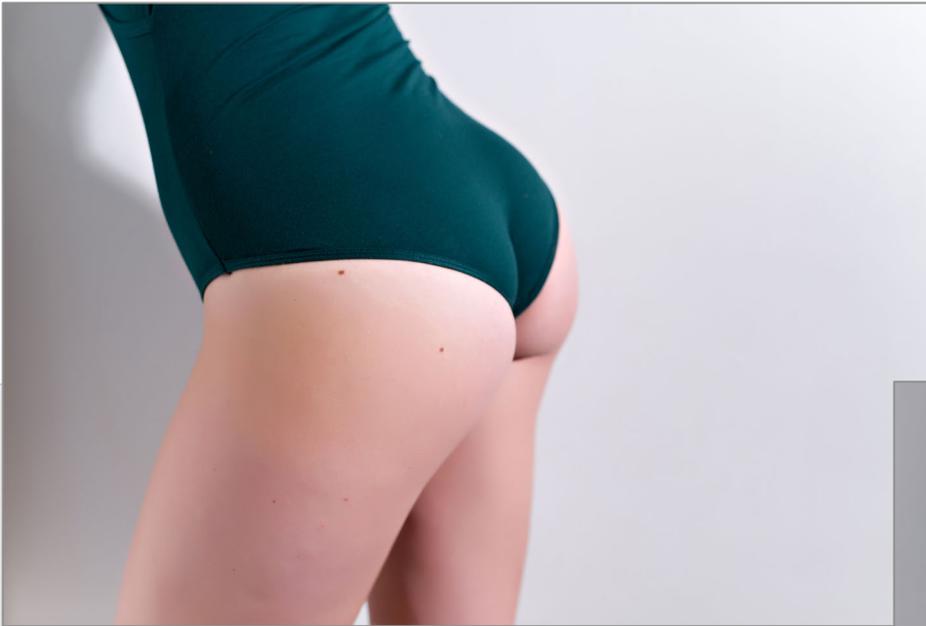
...Hips away
from the
camera

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.

WAIST/HIPS

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,

A handwritten signature in black ink, reading "Jen Poyl". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

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](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](https://www.facebook.com/JENROZENBAUM)

WWW.FACEBOOK.COM/GROUPS/JENROZENBAUMSBOUDOIRGROUP/

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