

Power Posing & Positioning

**Presented By:
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Picture Perfect Photography



Adding to your toolkit

- Get to know your subject
- Looking Natural
- Hair
- Head Positioning
- Torso and Shoulders
- Arms and Hands
- Angles
- Kids



Let's get to know each other!

- What kind of mood are they in?
- Are they a joking type person or serious?
- Do they feel uncomfortable in front of the camera?
- Does it bother them for others to see them photographed?



Let's get to know each other cont...

- What are their interest?
- Where do they work?
- How to pull an emotion!
- Do they laugh easily
 - Figure out the trigger and pull it when you need to



Looking Natural

- Imagine how you would sit, stand or position yourself if you were not being photographed.
- Relax the body.
- Imagine yourself having fun and what emotion you want from your subject.
 - Happy, Laughter, Serious, etc.....



Hair

- Watch hair to be in front of eyes or other facial features.
- Look for stray hairs.
- Watch for wind to blow hair
- Watch for a part in the hair
 - What side does the part lay on?



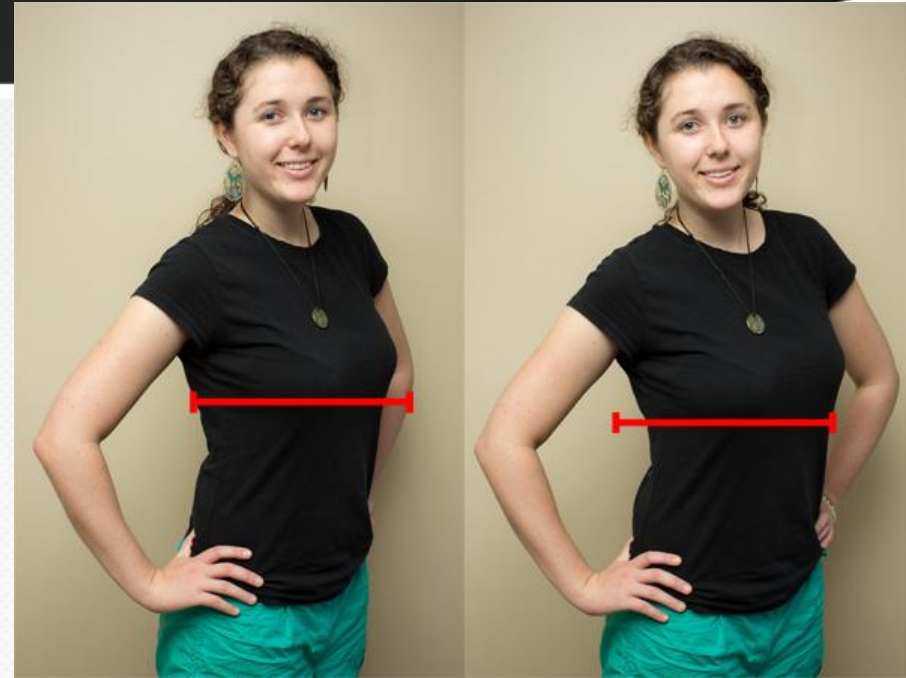
Head Positioning

- Never Turn torso in same direction as the subjects head. (Looks like a mugshot).
- Accent facial features with head position
- Watch for neck creases.
- Never turn head for full profile unless you are specifically taking a profile shot.
 - Turn head at and 45 degree angle
- Head Tilts (Top of forehead Up or Down)
 - Watch for creases in neck when tilting the head



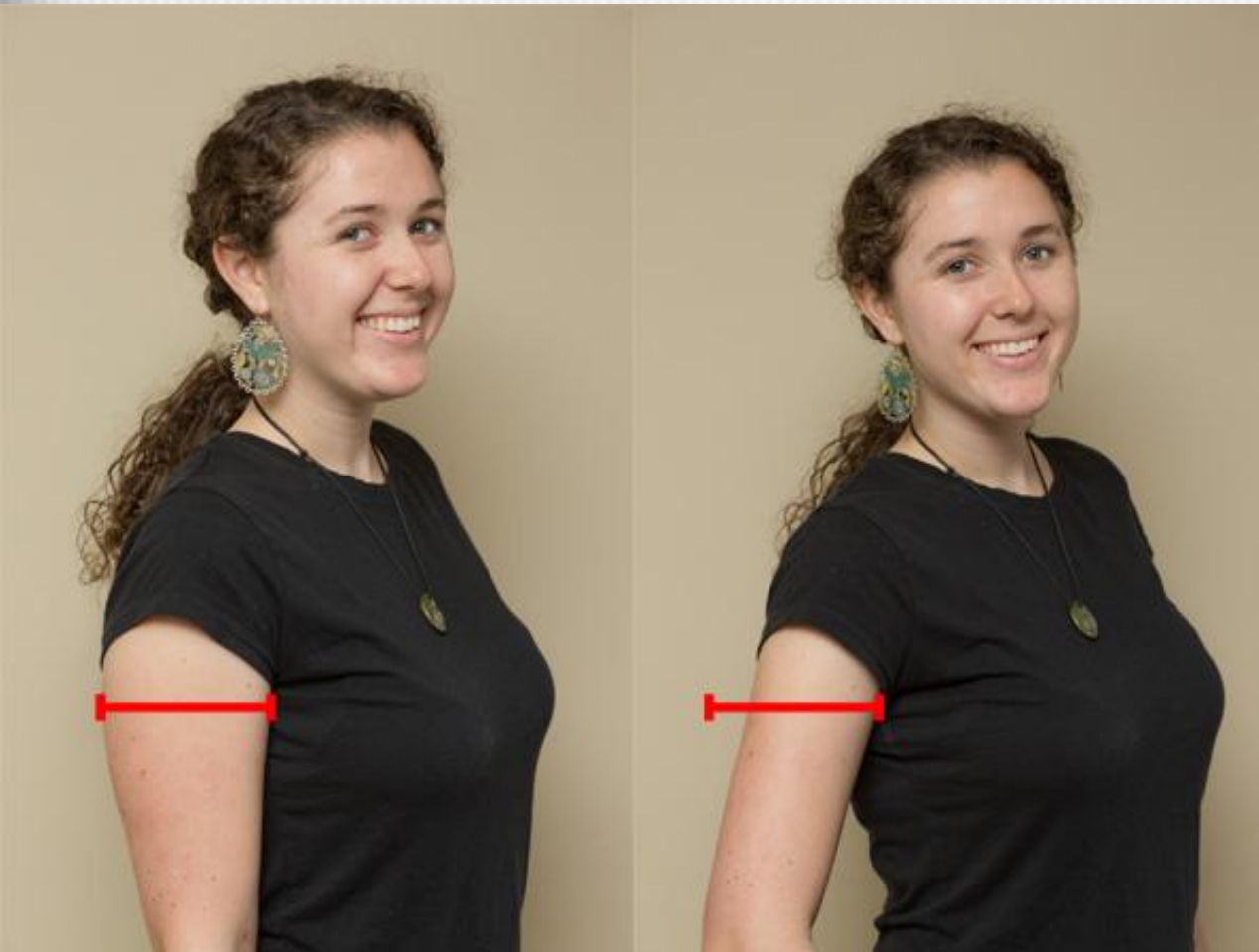
Torso and Shoulders

- Torso
 - Twist for a slimmer waistline
 - Broadens the Shoulders (V-Shape)



- Shoulders
 - Never have shoulders parallel with the camera
 - Broadens the Shoulders and creates a V-Shape

Arms



- Place a bend in the arm to slim the arm.
- Twist their hips away from the camera (Slims the waistline).

Arms and Hands

- Hands and Arms glued to the body
 - Place the hands on hips
 - Cross Arms
 - Never let subject put hands to the side without twisting the body
- May look like they are not doing anything important.



Example of a correct photo

- ▶ Correct bend in arm.
- ▶ Hands are showing but look natural.
- ▶ Head turned to just enough to accent cheek bones.
- ▶ Torso bent to slender waistline.
- ▶ Photographer position
 - About 4 feet above subject



Angles

- Have you ever heard the camera adds 15 lbs?
- Front Angles, Side Angles, Bottom Angles, Top Angles.
- Use angles to compliment the subject
 - Ex: Heavier person, angles from the bottom make them appear heavier. Top angles and side 45 degree makes them appear more natural



Working with Kids

- Can be difficult – unless you go with the flow
- Make them think they are being mischievous
 - Allows them to be themselves
- Typically don't want to pose
 - Let them run around
 - Chase them and have fun



Awkward or Not?

This is the way we have promoted, correct?

- You still need to use your own good judgment.
 - If it doesn't look right it's not going to make a good photo.



Final Thoughts....

- Don't be afraid to work your subject.
- Experiment with angles
- Look at other photographers work and see how you can make it look better.
- Practice, Practice, Practice.



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