

Active lines  
can be  
created to  
add length  
to the body



## Illusions

- Flaws
- Muscle
- Body Lines

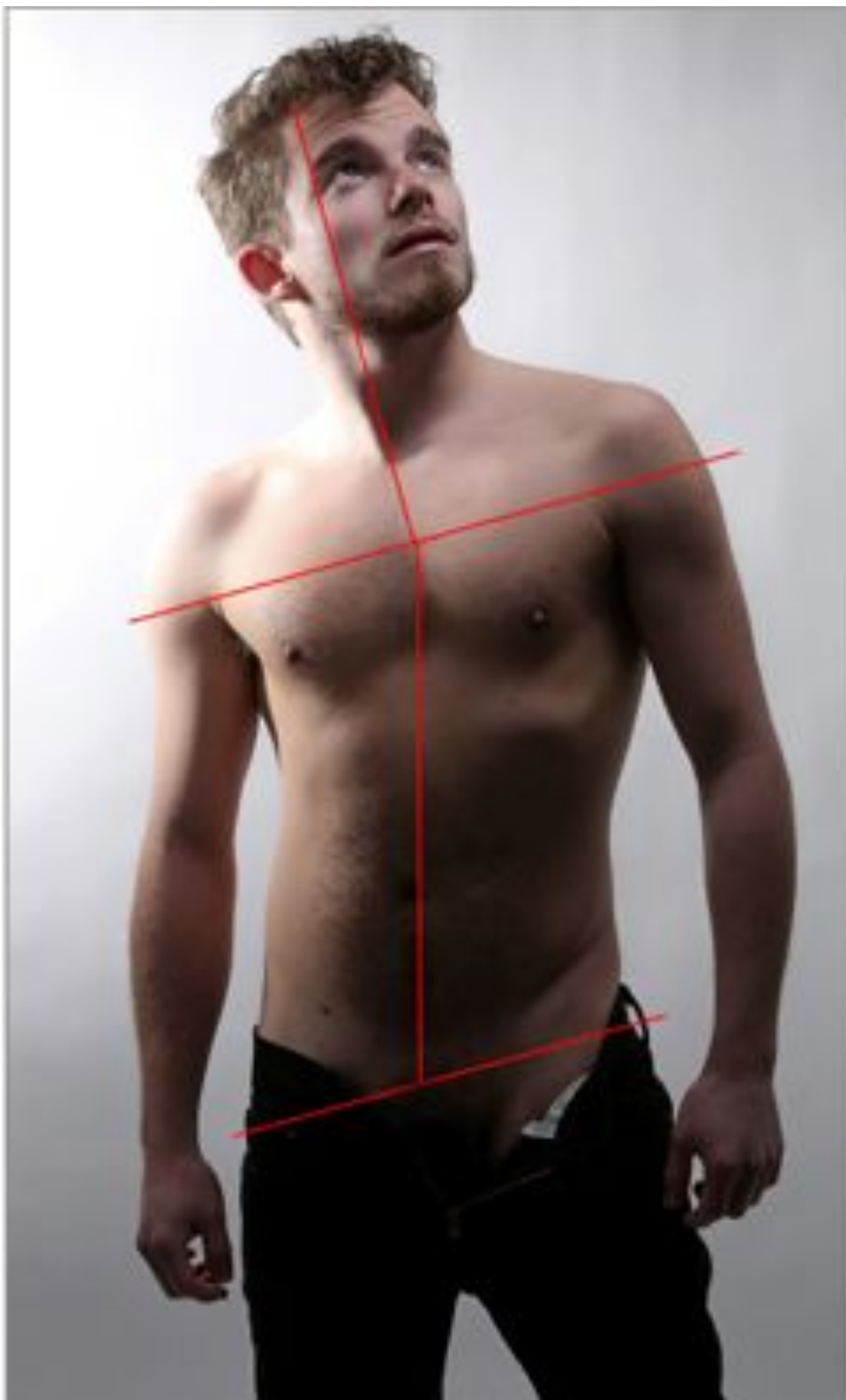


Extreme poses,  
like this lean  
can be interesting,  
but uncomfortable,  
thats normal!

Any flate surface  
of the body that is  
parallel to the lens  
will appear larger,  
be concious of that



Triangles are  
one of the most  
dynamic shapes  
the body can  
create



*Contrapposto: the way weight shift within a figure changes the axes of the body, and how all these axes are interconnected, and idea perfected in the Greeks Kouros and Kore sculptures*



*Sometimes flexing those vital muscles around your mouth and eyes can create the desired look.*

### *Tension*

- Muscle Control
- Eyes
- Conveying Emotion

*Sometimes relaxing those muscles can create a different look, these muscles flex and relax with our emotions, be conscious of that.*



Any styled shoot will have a certain feel to it, match that with your pose, is it innocent? erotic? classic? is it reminiscent of an era? research and practice.



Often poses look better when the model does not support their weight on an object, whether its a wall, or a bathtub, commit to the image, not your comfort



### *Commitment*

- Visual Message
- Experimentation
- Confidence with the uncomfortable



## FINAL NOTES

- Push and Pull within poses,  
no pose is perfect, be conscious of what the photographer  
wants to capture and highlight that, be mindful of the frame
  
- Practice, get to know your face and body
  
- Every movement has a consequent change  
elsewhere in the body, be aware of this, use this or fight this
  
- Be excited, be daring but be smart,  
anyone can twist into some weird pose but it takes someone  
who is well versed to know when to simplify