

# Posing Guide for Models

by Roxanne Roche

## Introduction

Welcome to the Posing Guide for Models! Whether you are just starting out or looking to refine your skills, this guide will help you understand the art of posing and how to present yourself confidently in front of the camera.

## Basic Poses

- The Three-Quarter Turn: Angle your body slightly away from the camera to create depth.
- Hand on Hip: Adds attitude and shapes the waist.
- Weight on Back Foot: Creates a relaxed and natural look.

## Intermediate Poses

- Movement Shots: Walk slowly toward the camera for dynamic images.
- Over the Shoulder: Look back with a soft gaze to add mystery.
- Seated Poses: Use props or furniture to create interesting lines.

## Advanced Poses

- Dramatic Angles: Experiment with extreme camera angles and bold body positioning.
- Floor Work: Use the floor creatively for editorial shots.
- Expression Play: Pair strong poses with varying facial expressions to tell a story.

## Tips on Angles, Expressions, and Body Positioning

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- Know your best angles and practice them.
- Keep your face relaxed and eyes engaged.
- Elongate your neck and limbs for elegant lines.
- Use mirrors and videos to refine your poses.
- Confidence is key - let your personality shine through!

## Closing Thoughts

Modeling is both an art and a craft. Practice regularly, study professional models, and most importantly, embrace your unique style. With dedication and creativity, you'll be ready to shine in front of any camera!