

Your PhotoPlus guide to...

Posing people

FREE
PULLOUT!

PART 2

Take better **Portraits & fine-art nudes**

Over 50 creative poses for taking
your own professional-level photos



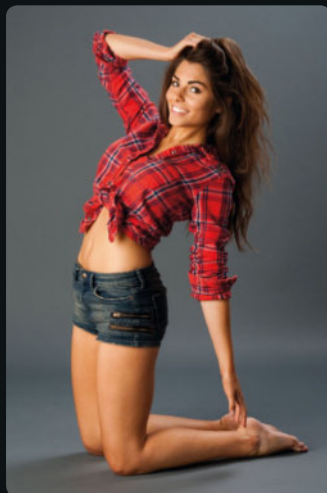
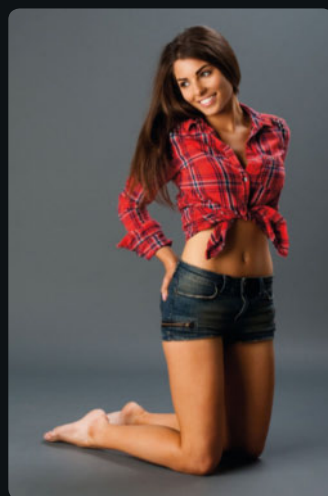
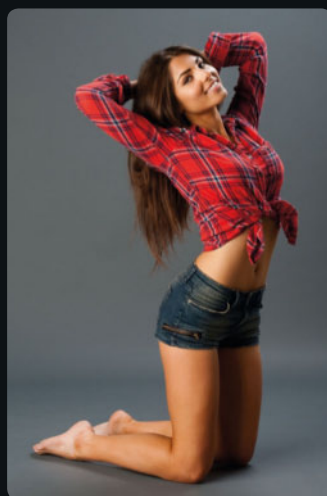
Get on the floor!

Use the floor to get people into attractive poses for pro portraits

Part 2 of *Your PhotoPlus Guide To... Posing People* brings you over 50 new great poses to help you to take your own pro-level portraits and fine-art nude shots. We kick things off by encouraging you to get your subjects to kneel and sit (and over

the page, lie down) on the floor to transform your portraiture. Getting people to kneel enables them to stretch their bodies out and lean back for some wonderfully photogenic poses, while sitting them on the floor gives you the opportunity to introduce some more

dynamic poses to your portrait photography repertoire. Both kneeling and sitting poses also enable you to capture more condensed compositions that fill your frame more fully than if people are standing up. Turn the page for more fun poses. ►





Creative postures

Ask your subjects to get into these different poses for better results

Asking your portrait subjects to lie on the studio floor (or ground if you're shooting outside) is a simply brilliant way to capture some unique and creative shots. It will enable your models to get into some fun, sexy and creative poses – which all means better portrait shots for you.

When you're photographing people (or anything else for that matter) on the floor, remember to get down to their eye level for professional-looking results. Try kneeling, sitting or lying on your front to get intimate and to show off people's body shapes and poses the best.

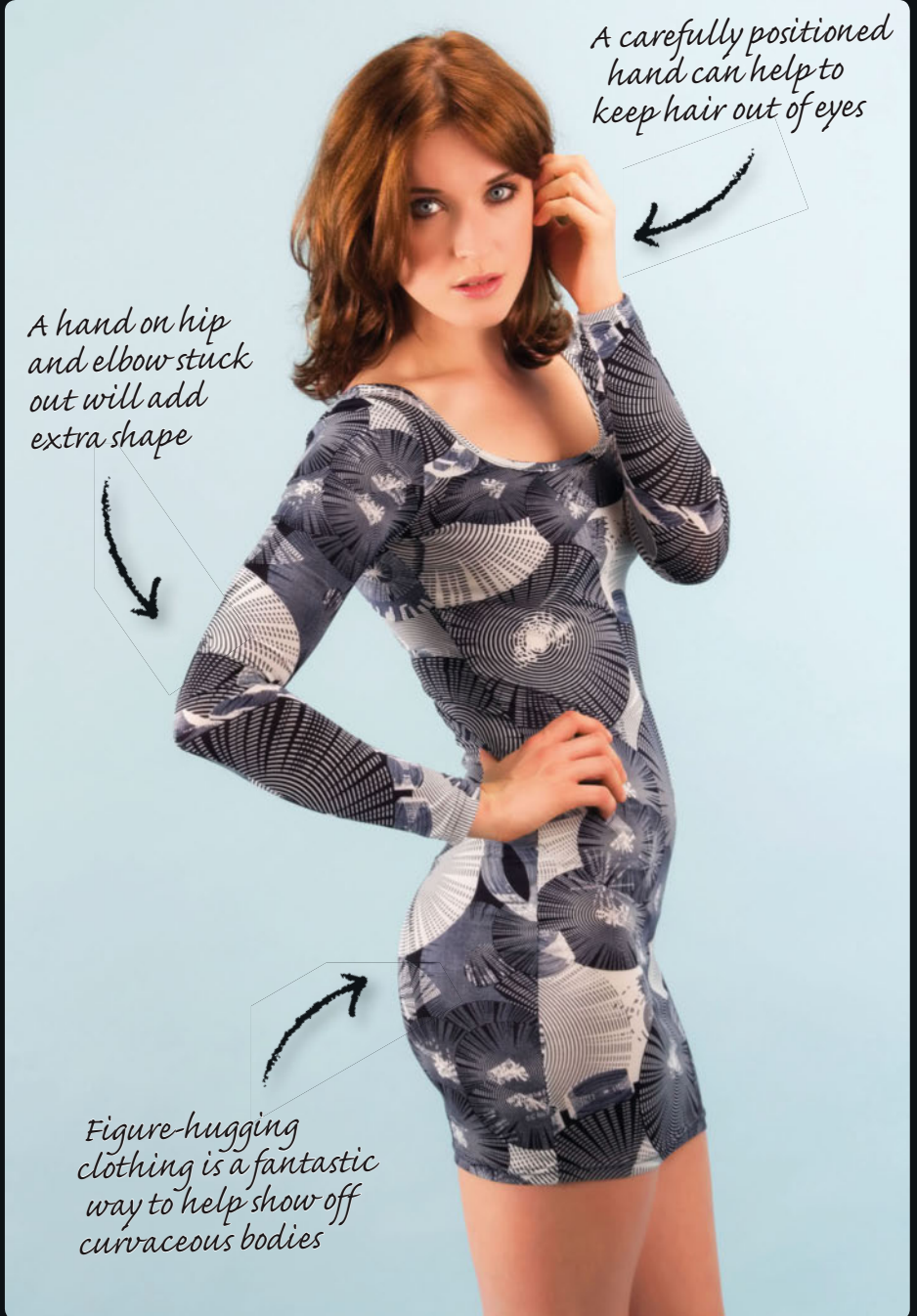
Whichever poses your model strikes as they're lying on the floor, try and get them to look straight at the camera (and smile!) to draw people's eye into the shot.

And also bear in mind that studio floors are usually hard and uncomfortable, so after each round of photos, let your subjects take a break to stand and stretch! ▶

Getting your subjects to lie on their backs increases the possibility for many inventive poses

Watch how hair falls when on the floor – and try to maintain eye contact too!





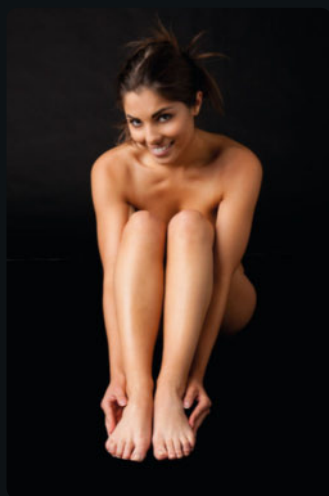
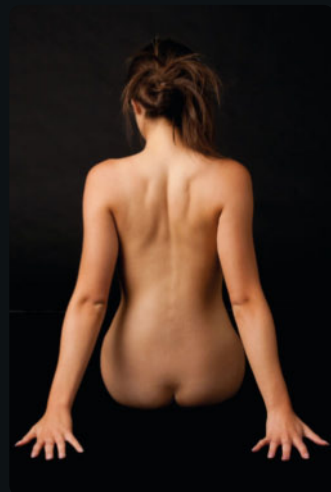
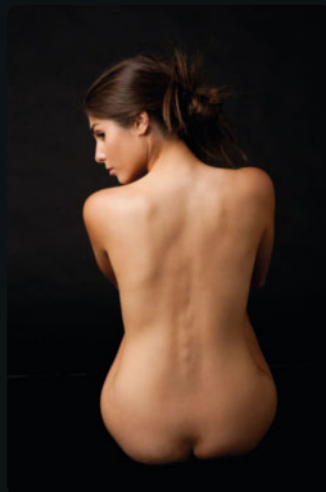
Fine-art nudes

Try these artistic poses to help enhance your nude photography

Although it may seem a bit strange or unnerving to photograph somebody without any clothes on, you simply need to approach a nude photo shoot in the same way you would photograph portraits. Get your lighting right first. We kept it simple

and minimal, with one large softbox to the model's left. We used a black backdrop and black velvet sheet on the floor to soak up the light, and ensure she stood out nicely. We then set to work by making her feel comfortable and relaxed, shooting as she

tried poses we'd thought of, and then many of her own great poses she'd come armed with! We also respected our model's request not to shoot anything too revealing, which enabled us to concentrate on capturing nice lines, curves and different body shapes. ►



Posing people guide



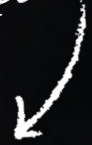
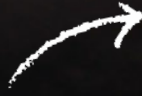
This is a great nude pose to try and it's shapely without being too revealing



Getting people to look off into the distance will give your nude shots a more thoughtful feel



Ask them to stay relaxed for a smoother body shape



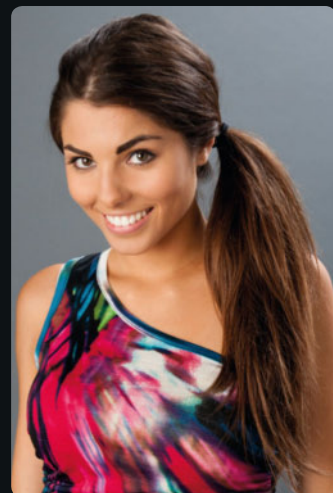
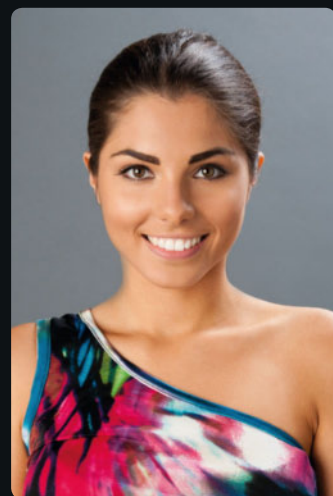
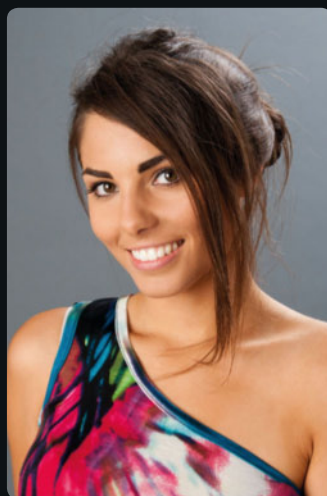
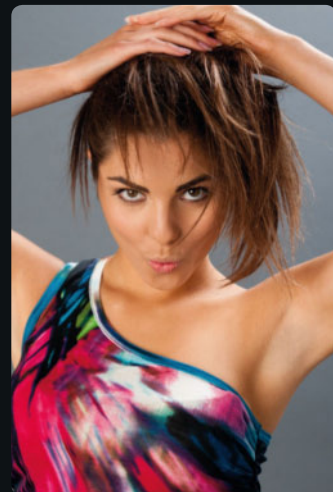
Hair-raising poses!

The way your model's hair is styled will have a big impact on your shots

Along with lighting, posing and clothing, how your subject's hair is styled will have a huge effect on your portrait shots. This is especially the case when photographing ladies with long hair, as their glossy mane will take up a large part of

your frame – and, of course, not the case when photographing gentlemen with no hair! So take time to decide how you think their hair should look for the type of shots you're after; do you want it big and worn down, perhaps styled over one eye, in a ponytail,

to one side, or dressed up in clips? All of these will reveal more or less of your subject's face, giving your portraits a full or cleaner look. And don't worry, you don't need a hairstylist with you; simply ask your model to do their own hair. ■



Next issue!

We have an exclusive *PhotoPlus* eight-page guide to all Canon-fit Sigma lenses, including top pro tips for getting the best out of your class Sigma glass