

THE ULTIMATE POSING GUIDE



Why Close to 40% of Brides Have REGRETS

I remember when my brother and his wife got married, she was absolutely ecstatic when they had finally received our wedding photos. As they pulled up their wedding photos to view the slideshow with their family and friends, I remember her having a huge smile, but suddenly the look on her face changed to disappointment as we got to the end of the preparation and portraits.

After the slideshow was finished, my brother asked why she had that look on her face, and she said, “You know... I honestly didn’t know at the time... but really thinking about it, I just didn’t like the way our photographer posed me for the portraits. I just don’t think I look very flattering or beautiful in those poses at all.”

What a disappointment.

To have that one day in your life in the most beautiful dress, but to not be happy with the way you are posed in the portraits. From that day on, I made sure it was my mission to be a master in the art of posing brides and couples.

Sadly, a lot of photographers don’t understand that it’s not just about the beautiful compositions, backdrops, and even moments. Though those are all important, it is an absolute necessity to be a master in the art of posing to ensure the bride and the groom look absolutely dazzling on the best day of their life.

So I decided to do some research

And I came across this study that mentioned that close to 40% of brides had regrets when it came to their wedding photos.

“Wow!” I thought to myself.

I couldn't believe that percentage was so high!

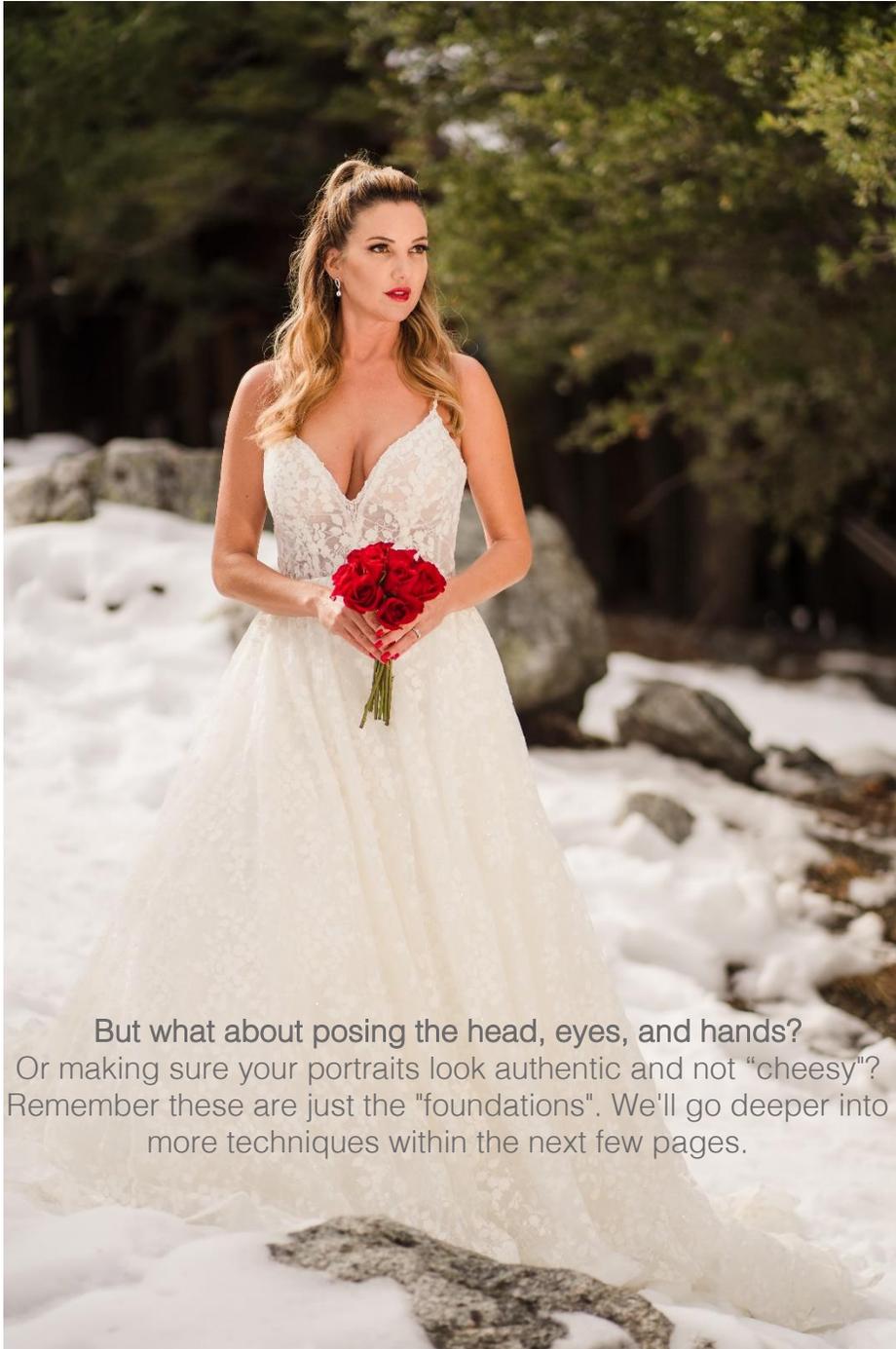
I started digging deeper to really see the reasons why these brides we're unhappy, and this is what I found...

1. “Our photographer kept on checking his phone and didn't pay attention to us during the day. It was as if he had better things to do on his phone. ”
2. “He just really didn't seem to know what he was doing! He didn't guide us during the portrait session and we were just standing there awkwardly!”
3. “She only captured moments of my husband and I, but not of our close friends and loved ones. That was really disappointing.”
And that was just the tip of the iceberg...

I take pride in my work, and after seeing almost half of brides out their being extremely unhappy with the results they were getting from other so called professional photographers, I couldn't help but be extremely proud of what every single one of my couples have said about me.

Like Erika and Tyler who said, “Amazing. That is what Adrian and his team's work is! My husband is admittedly a little tense in front of the camera sometimes so I love that he was able to find us spots around the beach on the day of our shoot where there was no one. I also LOVE that he was able to get plenty of shots of him looking really good.”

And in these next few pages, I'm going to share with you as much value in my expertise in posing wedding couples so you can ensure you look your best and have no regrets for your special day.



But what about posing the head, eyes, and hands?
Or making sure your portraits look authentic and not “cheesy”?
Remember these are just the "foundations". We'll go deeper into
more techniques within the next few pages.

How to Look Your Best In Your Wedding Portraits

Posing is an ART. But understandably it's an art that a lot of couples are nervous about, and SADLY that a lot of so-called "professional" photographers actually don't know how to direct correctly.

So if you happen to have a photographer who doesn't know how to pose you with expertise and intention, what are a few things you should remember?

Here are a few pointers. I call these THE FOUNDATION of posing:

1. Bend The Knee:

Point your toes, bend your knee and shift your weight back. Say that over and over again. This is the best tip that can make a huge difference on your photograph. This stance will make your body look slimmer. This will also show your femininity and curves.

2. Shoulders and Back:

Rolling your shoulders back will make you look more confident. Men can have their chest expanded as this can accentuate their torso. Make sure that your lumbar spine (lower) a little curved, thoracic spine (mid) straight and cervical spine (upper) spine straight.

3. Hands and Arms:

Our hands act as pointers and hand placement is very important as this communicates to the viewers on where to look in your photograph. Your arms have to be out of your sides to avoid making your chest look wider. The rule of thumb is to have a hand be able to pass through your arms and side to make you look more flattering.