

MEGANAYN PHOTOGRAPHY



Photo Session

POSING GUIDE



A Guide to Looking and Feeling Your Best

Now that you have your outfit ready to go, you may be worried about coming across as stiff or awkward in your photos. In this guide, I'll walk you through simple yet effective posing techniques, helping you find angles that flatter and create timeless images. From standing with confidence to interacting naturally with loved ones, these tips will ensure you look and feel your best throughout your session.

MEGANAYN PHOTOGRAPHY



How to Pose: Natural & Flattering Angles

Stand with a slight angle towards the camera, and stand slightly turned for a slimming effect.

Keep your shoulders relaxed and maintain good posture.

Relax your hands and bring them to a natural position (pockets, lightly on hips, or touching your face/hair).

Gently shift your weight from one foot to another for a relaxed stance.

Movement creates an authentic look—try walking, adjusting your outfit, twirl, dance or play with your hair.

MEGANAYN PHOTOGRAPHY



How to Pose: Natural & Flattering Angles

For Couples & Families

Interact naturally—hold hands, hug, share a laugh, or smile at each other.

To avoid a fake-looking smile, have someone tell a joke or sing your favorite song; something that brings out your natural joy.

For families, let kids play and be themselves for authentic moments.

Group members should lean and slightly turn in toward one another to show closeness and connection.

You may be asked to stand or sit closer to each other than you normally would. The camera doesn't always capture closeness the way we perceive it in real life, so a little extra proximity helps to convey warmth, and emotion..

MEGANAYN PHOTOGRAPHY



How to Pose: Natural & Flattering Angles

For Solo Portraits

Try different expressions—soft smiles, a casual glance to the right, confident looks, or a joyful laugh.

Tilt your chin out and down slightly to avoid harsh shadows around your neck.

Use your hands naturally—run them through your hair, hold your jacket, put them in your pockets or rest them lightly on your hip.

If unsure, I'll guide you with prompts to ensure we capture the best version of you!

MEGANAYN PHOTOGRAPHY

