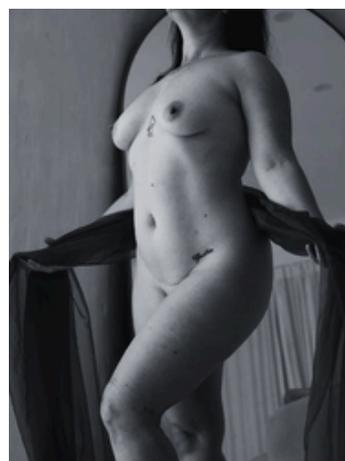
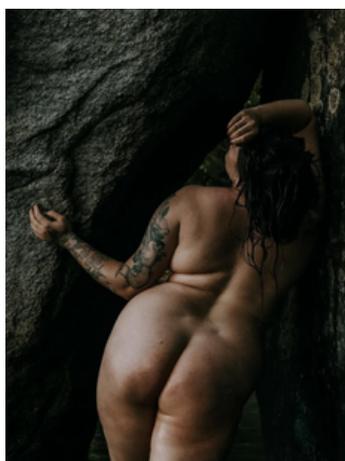
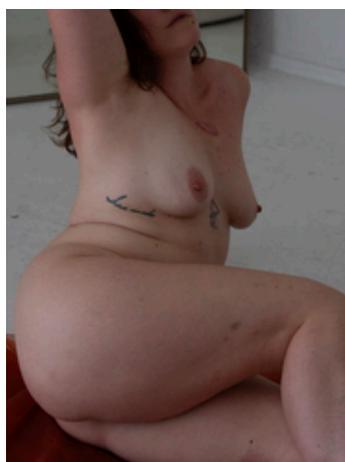
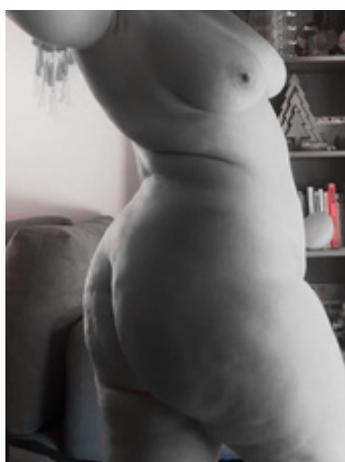
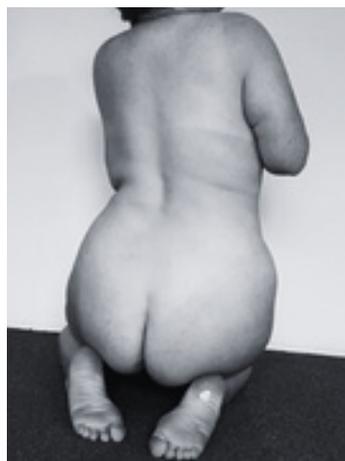
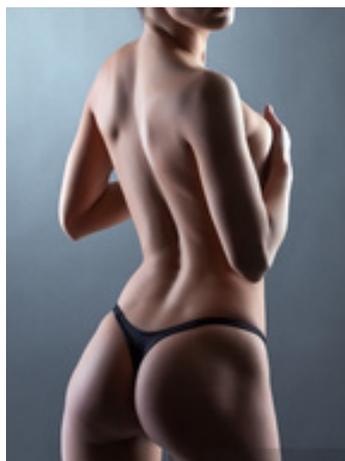
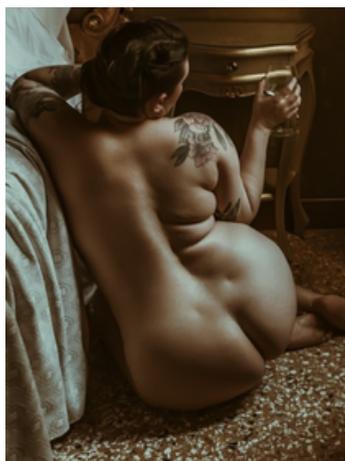


# POSE GUIDE



# POSING TIPS

## TAKING YOUR PHOTO >

SET YOUR CAMERA TO VIDEO AND LEAN YOUR PHONE SOMEWHERE THAT IS ROUGHLY WAIST HEIGHT. FILM YOURSELF MOVING THROUGH VARIOUS POSES THEN SIMPLY SCREENSHOT ONE (OR MORE) THAT YOU LIKE. IF YOU'RE UNSURE WHICH WILL WORK BEST, SEND ME YOUR FAVOURITES AND I WILL PICK THE MOST SUITABLE. YOU CAN BE NUDE, IN A THONG OR ANY UNDERWEAR/SWIMWEAR OR LINGERIE YOU LIKE.

## MAKE SHAPES >

WHEN TAKING YOUR PHOTOS I ENCOURAGE YOU **NOT** TO LOOK AT YOUR FACIAL EXPRESSION, SKIN OR THE USUAL THINGS WE LIKE TO OVER ANALYSE - REMEMBER THIS PHOTO IS JUST A REFERENCE FOR YOUR BODY AND ITS SHADOWS. INSTEAD LOOK AT THE SHAPES YOUR BODY IS CREATING AND MAXIMISE THEM. THINK HIP AND WAIST CURVES, THE BEAUTIFUL LINES OF BACK ROLLS. PLAY WITH THESE LINES AND SHAPES - BEND, ARCH & DRAPE YOUR LIMBS

## HAIR & HANDS >

HAIR & HANDS (AND FEET) REQUIRE MORE DETAIL TO PAINT WELL AND COMPLIMENT THIS STYLE OF PAINTING. WHERE POSSIBLE I RECOMMEND KEEPING THESE OUT OF VIEW UNLESS YOU ARE CONFIDENT WITH A PAINTBRUSH. IT IS FOR THIS REASON MANY OF THE SUGGESTED POSES HAVE HANDS/ARMS ABOVE THE HEAD OR OUT TO THE SIDE, WHERE THEY WILL NOT BE SEEN WHEN PLACED ON THE CANVAS.

## CROPPING YOUR PHOTO >

PLEASE **DO NOT** CROP YOUR PHOTO WHEN YOU SEND IT TO ME. THIS ENSURES I CAN GET THE BEST PLACEMENT ON YOUR CANVAS. THE PHOTOS ON HERE ARE CROPPED FOR DISPLAY PURPOSES ONLY AND TO HIDE FACES. IF YOU TOO WOULD LIKE TO HIDE YOUR FACE, PLEASE PLACE A STICKER/EMOJI OVER YOUR FACE BEFORE YOU SEND IT TO ME.

