



SENIOR POSING GUIDE

BY CHLOE ANN



THE SQUAT

SHOOT IT STRAIGHT
ON, AND FROM THE
SIDE. CROSS AN ARM
OVER OR BRING A
HAND UP NEAR THE
FACE.



THE SENIOR POSE

MOVE THOSE ARMS
AROUND AND GET A
TON OF DIFFERENT
POSES OUT OF ONE

A woman with long dark hair, wearing a grey ribbed V-neck sweater, stands in front of a wall made of stacked wooden pallets. She is smiling and has her left hand behind her head. The background is slightly out of focus, showing the repetitive pattern of the pallets.

WALK THE LINE

BIG STEPS CROSSING
OVER EACH OTHER.
HAVE THEM LOOK UP
AND DOWN AND BACK
UP



HANDS UP

HAVE THEM CROSS
THEIR WRISTS ON TOP
OF OR JUST BEHIND
THEIR HEAD



HANDS IN
THE HAIR

TWIRL IT. SHAKE IT.
GATHER IT UP.



CROSSOVER

WHEN SEATED IN A
CHAIR OR ON THE
GROUND, CROSS ONE
ARM OVER TO FLATTER
ANY BODY SHAPE



HUG IT OUT
HAVE YOUR CLIENT
HUG
THEMSELVES/HOLD
THEIR ELBOWS. SHOOT
IT STRAIGHT ON AND
FROM THE SIDE.



CRISS CROSS

SIT CROSS LEGGED
AND BRING ONE HAND
OR BOTH ONTO THE
ANKLES





FRAME IT

HAVE THEM MAKE A WINDOW WITH THEIR ARM TO FRAME THEIR FACE. LEAN DEEPLY TO CREATE A FLATTERING SHAPE



LAY IT DOWN

SHOOT FROM THE
SIDE OR FROM ABOVE.
HAVE THEM KEEP THEIR
CHIN OUT AND BRING
THEIR HANDS UP NEAR
THEIR FACE



NECK RUB

HAVE THEM BRING
BOTH HANDS ON THE
BACK/SIDE OF THEIR
NECK LIKE THEY'RE
MASSAGING IT



TOUCH THE FACE

BRING THE THUMB
LIGHTLY TO THE
BOTTOM LIP OR THE
BACK OF THE HAND ON
THE CHEEK