



- Do not allow your model to stand flat footed!
- Shoulders slouch when tired and standing flat footed for a period
- Maintaining good posture when pregnant can be hard especially in the later stages, however a gentle curve in the back, changing the position of her feet and pulling her shoulders back can create a beautiful shape with little effort
- Remember to allow your client to rest often and to stretch when needed, she is not going to be able to hold poses for prolonged periods
- Do not allow your model to stand flat footed!

POSTURE
FLAT FOOT - BAD FORM

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