



CANDYFIELDS MATERNITY
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- Always start posing from the feet
- Stand client in profile or 3/4 view
- Pull shoulders back slightly, ensure that she does not look “stiff”
- Ensure a gap between back and arm
- Push hip to one side with slight arch in the back
- Apparent width of hips and bottom is reduced
- 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
- Cross the front foot over the back foot either flat footed or on her tip toe if she can

POSTURE
CROSS OVER

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