20 of the best poses for a photo shoot

This post will come in handy not only for photographers looking for inspiration, but also all the ladies out there who want to look great in every shot. Here are some of the best poses which highlight your best features and hide even the most obvious imperfections. You'll be a supermodel in no time.

1. **This is simply a great angle** which always make you look slimmer. The model faces the camera side-on, with her chin pushed down and her shoulders slightly raised.



(c) Ali ilker Elci

2. **Often, the most straightforward poses turn out to be the best ones.** Here, the model should put her body weight all on one leg, bending her overall stance slightly so that her silhouette is 's-shaped'.



(c) Tjipto Suparto

3. Here the model lightly touches a vertical surface, such as a wall or a tree, with both hands. **This is a great pose for taking a portrait shot.**



(c) Konstantin Lelyak

4. **If the model has long hair, definitly try to take an ‘action shot’ of her while she is moving.** A good way to do this is to have her turn her head sharply.



(c) Mariya Petrova

5. **This is a great, comfortable pose** which can be used when taking photos at home, in a studio, and in many other locations.



(c) Christian Teß

6. **This is a great pose for when the model is sitting on a sofa.**



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7. **This is a superb choice for a shot when the model is sitting on the ground.** She can be photograped from many different positions.



(c) Ben Heys

8. **This pose is ideal for an artistic shot.** There are a huge number of positions for the head, arms and legs

which can be adopted.



(c) Vladimir Zhukov

9. It’s believed that folded arms and legs create psychological barrier between people, and therefore is not recommended for photographs. However, it’s worth trying a shot where the **model has her arms folded across her chest.**



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10. However, you don’t always have to worry too much about where to put the arms. **It’s perfectly OK to leave them in a relaxed position at one’s sides.** The same goes for the legs, although remember that body weight should always be on one foot only.



(c) Andy Quarius

11. This pose is ideal for a full-length photo. **The model’s hands should be placed either partly or fully in her pockets.**



(c) Alexander Loginov

12. Placing the hands behind the back, whilst unusual, is

nevertheless an interesting idea for a photo, which **gives the model an open, sincere look.** The option is also available here to have her lean against a wall.



(c) Ali ilker Elci

13. **Having the model sit or lean against something is also a great idea.** This can work for shots taken both indoors and outside.



(c) Marco Ciofalo Digispace

14. This is another great pose for **a full-length shot**. It really brings out the model's femininity.



(c) Thomas Agatz

15. This interesting pose involves **adopting a perspective from below**. The model's upper half should be raised slightly, whilst her head should be inclined downwards. The legs are bent at the knees and the feet are folded across each other.



(c) Alexander Loginov

16. **A really beautiful pose which brings out the model's desirability and femininity.**



(c) Karen Abramyan

17. The most important thing to get right with this pose is **the position of the legs**. Also, the model should wear high heels to get the best effect.



(c) Marco Ciofalo Digispace

18. **A nice sentimental pose.** The model should be kneeling, but not leaning too hard on her feet. She should also be looking over her shoulder.



(c) Brian Storey

19. A great pose for taking **a full-length shot by a wall**. The model’s back should be at the centre of the picture.



(c) Karen Abramyan

20. Finally, we have this **highly elegant pose**. The model should be leaning forward slightly whilst sitting on the edge of the sofa, bed or bench.



(c) Yuliya Sariy

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