

THE ART OF TOGETHERNESS



A Couple's Guide to Posing

JESSA E PHOTOGRAPHS



Welcome

For nearly a decade, I've been immersed in the world of wedding photography. It's a journey that began with a simple fascination for capturing moments that resonate with the heart. Over the years, this fascination has blossomed into a deep passion for immortalizing the unique connection between couples.

As a posing expert in couples' photography, I understand the significance of body language in conveying emotion. It's not just about striking a pose; it's about encapsulating the intimacy, the laughter, and the quiet in-between moments that define your journey together.

In "The Art of Togetherness," we delve into the art of posing, exploring how each angle, each touch, and each glance contributes to a story that is exclusively yours. Here, you'll find a treasure trove of tips, techniques, and inspiration to help you express your unique togetherness.

This guide is here to help you feel confident and comfortable in front of the camera, ensuring your wedding photos reflect the genuine connection you share. Let's dive in!

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01 Communicate + Connect

1. Pre-Shoot Conversation With Your Photographer

- Discuss Expectations: Talk about what you hope to achieve from the photoshoot. Share any specific poses or moments you'd like to capture.
- Set a Comfort Level: Communicate any boundaries or preferences you have regarding poses, touch, or public displays of affection.

2. Open Communication During the Shoot:

- Check in with Each Other: Throughout the shoot, ask your partner how they're feeling. Offer support and encouragement to each other. Hype them up, and keep things fun.
- Share Ideas: Don't hesitate to express any ideas or poses that come to mind. This can lead to unique and special shots.



Your photographer can't read your mind

- Ask Questions: If you're unsure about a posing prompt or a location, don't hesitate to ask the photographer for guidance.
- Share Your Comfort Level: Let the photographer know if you have any preferences or limitations. They'll appreciate your openness. If you don't like a specific pose, angle, side - let them know.

Remember, beautiful images don't come from perfection, but in the genuine emotions and in between moments it captures. So, during your photoshoot, prioritize how you feel in the moment over how you think you look. Trust that the photographer is there to capture the raw, unfiltered beauty of your relationship. Embrace the joy, the tenderness, and the laughter. Let the session unfold naturally. When you look back at these images, it won't be about perfect poses, but about the genuine happiness you shared in that moment together



Pro Tip

Communicate Your Needs: If you need a moment to rest or regroup, let your partner and the photographer know. It's perfectly okay to take short breaks.

02 Wardrobe



1. Coordinate, Don't Match:

- Choose complementary colors and styles rather than wearing identical outfits. This creates visual interest and allows each person's personality to shine.

2. Consider the Location:

- Take into account the setting of your photoshoot. Whether it's urban, natural, or indoors, make sure your outfits complement the environment.

3. Dress for the Season:

- Select clothing appropriate for the time of year. Light, airy fabrics for spring and summer, and warmer, layered options for fall and winter.

4. Avoid Loud Patterns:

- Steer clear of bold, distracting patterns that can take attention away from you as a couple. Opt for more subtle textures or prints.

5. Embrace Neutrals with a pop of color

- Neutral tones like whites, creams, grays, and pastels provide a timeless and clean look. Add a pop of color with accessories or one statement piece.

6. Consider Your Personal Style:

- Wear clothes that reflect your individual style and make you feel confident. This will help you feel more comfortable during the shoot.

7. Avoid Logos or Busy Graphics:

- Clothing with large logos, slogans, or busy graphics can be distracting in photos. Opt for simple, clean lines instead.

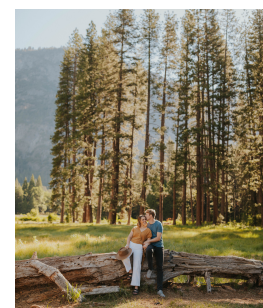
8. Think About Movement:

- If your shoot involves movement, like walking or dancing, choose outfits that allow for comfortable motion



Remember to stay true to yourself!

The most important thing is that you both feel comfortable and confident in your chosen outfits. These tips are meant to guide you, but ultimately, go with what feels true to you as a couple. Enjoy your photoshoot and let your love shine through!



Pro Tip

The location and season of your engagement session can greatly influence your outfit choice. For instance, if you're shooting in a lush garden in spring, pastel colors and flowy fabrics can complement the natural setting beautifully. Similarly, if you're opting for an urban backdrop in autumn, warmer tones like deep burgundy or rich mustard can create a striking contrast. Always let the environment guide your outfit selection to ensure a harmonious and visually appealing result in your photos.



03

Practice Makes Perfect

Run a Practice Session Together

If you're like most couples, you haven't had the chance to have professional photos taken of you. While it is important to let your photographer lead and guide you throughout your session, a practice session is a time for you both to get comfortable, experiment, and build confidence. It's all about embracing your unique connection and having fun together!

1. Wear Your Chosen Outfits:

- If you've already picked out your outfits for the photoshoot, wear them during practice. This helps you get used to moving in them.

2. Focus on Relaxation Techniques:

- Practice deep breathing and relaxation techniques to help calm any nerves. The more relaxed you are, the more natural your poses will be.

3. Communicate with Each Other:

- Practice open communication about poses, preferences, and any concerns you may have. This builds trust and helps you feel more comfortable with each other.

4. Experiment with Poses:

- Try out different poses and see which ones feel the most natural and comfortable. Don't be afraid to be playful and have fun!

5. Practice Posing Transitions:

- Work on transitioning between poses smoothly. This ensures a natural flow during the actual photoshoot.

6. Engage in Conversation:

- Talk to each other during practice, just as you would during the actual photoshoot. Engaging in conversation helps create genuine and candid moments.

7. Incorporate Movement:

- Practice walking together, dancing, or simply moving around. Movement can lead to dynamic and interesting shots.

04 Experiment with Movement

Movement in couples photography brings a natural, lively quality to the images. It captures the couple in their element, engaged in authentic interactions and genuine expressions. Through simple gestures like a walk, a twirl, or a shared laugh, movement brings out the couple's true personalities and showcases the ease and comfort they have with each other. These moments of motion create a sense of flow and energy, turning static scenes into vibrant, dynamic memories.

This section will highlight why experimenting with movement in your session is crucial to creating photos full of emotion and ways you can help your photographer create movement in your photos.





Why are photographers obsessed with movement? I could list a few reasons- but the most important is creating candid and natural moments. Movement can convey a wide range of emotions, from joy and laughter to tenderness and intimacy. It allows couples to express their feelings in a more vivid and tangible way. Couples naturally move and interact with each other in their everyday lives. Incorporating movement in photos mirrors this natural behavior, making the images feel more relatable and authentic.

Pro Tip:

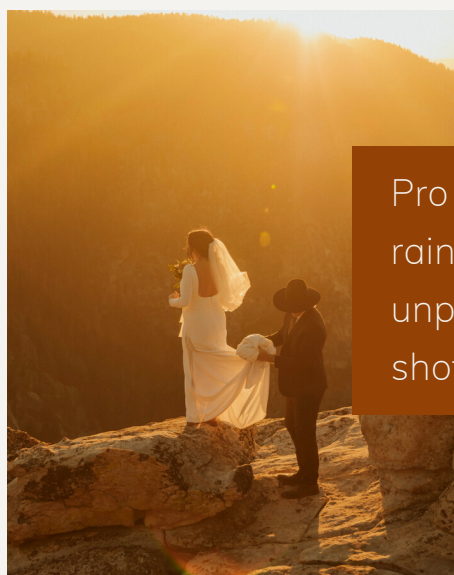
Embrace the prompts from your photographer and keep the energy flowing. Whether it's a gentle sway, a playful spin, or a casual stroll - and just because you do the prompt once doesn't mean you can't do it again! Try adding to the prompt by doing what feels right in the moment. Did your partner just give you a twirl and now you feel like jumping into their arms? DO IT. Don't be afraid to engage with each other and just keep moving - it leads to candid, authentic moments that beautifully capture your connection.

05

Embrace Spontaneity

One of the most important things going into your session is to trust your photographer: Have confidence in your photographer's vision and direction. They're skilled at capturing candid moments and will guide you to create genuine, spontaneous shots. If you have a mood board don't hesitate to share but trust that your photographer has their own specific style (that you hired them for!) and that they really do know what they're doing!

Let go of perfection and how you think in your mind the day was supposed to go. Embrace the imperfections and the occasional candid shots where you're mid laugh or caught off guard. These moments often end up being cherished! So what if the weather isn't how you hoped. Even if it rains a bit or the wind just won't die down, embrace it! That is how your day went and that is what you will remember, so close your eyes and BE PRESENT. Forget about the camera for a while. Focus on each other, engage in conversation, and let your natural interactions unfold. Surprise your partner with unexpected gesture's or actions. It could be a sudden hug, a playful spin or a sweet kiss. It really is just the two of you (and your photographer of course). Laugh Together, share jokes, funny stories, or simply revel in the joy of being together. Genuine laughter leads to some of the most heartwarming and lively photos.



Pro Tip: Embrace the unexpected, like a sudden rain shower or a passing butterfly. These unplanned moments can lead to truly unique shots.

Conclusion +Next Steps

Congrats, you and your partner are now prepped and ready for your photos! After reading through "The Art of Togetherness" I hope you feel confident and empowered to show up to your couples session and create lasting memories with your partner. Embracing natural, authentic poses is the key to preserving the essence of your relationship, and I can't wait to see the photos you get from using this guide!



If you're envisioning your wedding day as a collection of candid, heartfelt memories, I am here to turn that vision into a reality. Reach out and let's chat about how we can craft a timeless narrative of your love story through my lens. Together, we'll create memories that will be cherished for a lifetime.

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Can't wait to be a part of your journey!



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