"Posing People" Workshop Sunday May 26, 2019
(article by Wendy Royer)

Chris Stambaugh started off our workshop by describing portrait photography as having both technical and artistic aspects. He posed that both our right and left sides of the brain need to be engaged to manage the technical details and the emotional connections that create those special portraits. The basis of the day was fundamentals of what makes a person look their best in a photograph and how to achieve that.

Technical:
Several aspects were covered, and linear steps to follow in order to ensure the product is the best it can be.
Previsualization included: the location, where to pose the client, borders, background, and the composition of the image.
Camera settings were covered: Having the right lens (normal to slightly telephoto), and understanding aperture, shutter speed and ISO is critical.
White balance is important and time was taken to show us how to set our camera, with post processing being used for minor changes. Using a tripod and a cable release allows the photographer to engage the client to get the best expressions.

Creative:
Posing the classic individual included some good tips for shooting:
> Pose from the bottom up. The photographer needs to verbally give the client information to get the stance desired (feet). They don't intuitively know what you want. Adjust for weight and posture. If it bends, bend it. Correct posture with the lower back only.
> Head and hands need to be positioned. Men and women should be posed differently. Lighting effects and how to achieve soft light was discussed and how and when to use reflectors.
> Camera angle changes the viewer's impression of the person's attitude.

Shooting a group was the last item of the day:
> Taking command of the situation is critical. Again previsualize, consider relative heights, colours and the overall shape of the group.
> Ovals and circular groupings are more warm and nurturing, angles more harsh.

Throughout the day, we had opportunities to build upon the individual pose to create couple and group poses that both flatter the subjects and express the style of photography that the photographer wished to convey.