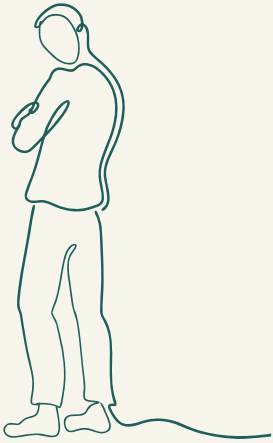
SAY & SHOOT · FREE STARTER DECK

10 poses, 10 lines to say

One card from each session type in the full deck. Read the **Say this** line out loud. Your client moves, you shoot.

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The Easy Anchor

BEGINNER

SAY THIS

“Cross your arms loosely, like you're waiting for a friend. Chin up a hair, and think of your favorite client.”

Pro tip: Rest fingers on your biceps and angle your body 30 degrees off the camera to slim the shoulders.

Hands on biceps | One hand on elbow | Slight head tilt

MEDIUM · STANDING · STUDIO 1 PERSON

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The Cheek Press

BEGINNER

SAY THIS

“Press your cheeks together and squeeze in close. Both of you smile at the lens like you just won something.”

Pro tip: Rotate faces slightly toward camera so both eyes show instead of the sides.

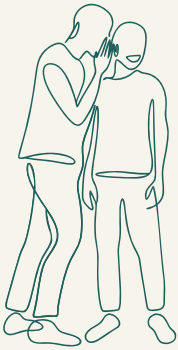
Squishy smiles | Eyes closed | One kisses cheek

CLOSE-UP · STANDING · ANY

2 PEOPLE

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The Shoulder Whisper

BEGINNER

SAY THIS

“Lean in and whisper something silly into his ear. Keep your eyes on me and let him crack up first.”

Pro tip: Hold your head slightly behind his jaw so your hair frames his face rather than covering it.

Hand cupped · Cheek kiss · Both laughing

MEDIUM · STANDING · ANY

2 PEOPLE

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The Doorway Silhouette

ADVANCED

SAY THIS

“Stand together in the doorway and face each other. Lean until your foreheads meet, then hold absolutely still for five seconds. Breathe.”

Pro tip: Expose for the bright doorway and have each partner turn fully into profile for clean outlines.

Veil lift · Hands clasped · Kiss pause

FULL · STANDING · WINDOW LIGHT 2 PEOPLE

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The Quiet Glow

BEGINNER

SAY THIS

“Turn your face toward the window, chin down a touch, fingertips resting at your collarbone. Picture holding your baby for the first time.”

Pro tip: Stand at forty-five degrees to the window so light sculpts one cheek and softens shadows.

Eyes closed · Soft smile · Hand on cheek

CLOSE-UP · STANDING · WINDOW LIGHT 1 PERSON

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The Golden Line

ADVANCED

SAY THIS

“Stand in a row facing the sunset and hold hands. Raise your joined hands on three, then look at each other and laugh.”

Pro tip: Position the sun behind everyone and lower yourself to keep silhouettes separated.

Hands up · Jump together · Face glow

FULL · STANDING · OUTDOOR 5 PEOPLE

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The Hair Tuck

BEGINNER

SAY THIS

“Tuck your hair behind one ear with your fingertips, then look at me and smile like I just said something funny.”

Pro tip: Keep the fingers soft and the elbow low so your hand never covers the jaw.

Both sides · Slow tuck · Look down first

CLOSE-UP · STANDING · ANY 1 PERSON

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The Jacket Hook

BEGINNER

SAY THIS

“Hook one finger in your jacket collar and drape it over your shoulder, then give me a playful 'who, me?' look.”

Pro tip: Keep weight on your back foot with the front knee soft; it relaxes the entire stance.

Jacket in hand · Hood up · Tug sleeve

MEDIUM · STANDING · ANY 1 PERSON

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The Roaring Dino

BEGINNER

SAY THIS

“You're a giant dinosaur! Curl your hands into claws, stomp one big foot, and give me your loudest, scariest ROAR!”

Pro tip: Keep claws below chin level so hands never cover the face or mouth.

Tiny T-Rex | Sleepy dino | Dino sneeze

MEDIUM · STANDING · ANY 1 PERSON

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The Diploma Hold

BEGINNER

SAY THIS

“Hold the diploma cover across your chest with both hands, shoulders back, and look at me like you just heard your name called.”

Pro tip: Turn your body slightly away, then square your shoulders to camera; the gown drapes cleaner and looks slimmer.

One hand only · Diploma raised · Look down at it

MEDIUM · STANDING · OUTDOOR 1 PERSON

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SAY & SHOOT · FULL DECK

190 more where these came from

The full deck has 200 cards across 10 session types: headshots, couples, engagement, weddings, maternity, families, women, men, kids and seniors.

Every card: the pose, the exact words to say, a pro tip and three variations. Phone and print versions.

Get the full deck at lumenridgeshop.com

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