

In-Studio Maternity Posing & Lighting Guide

Maternity Posing Flow
+
Lighting Diagrams

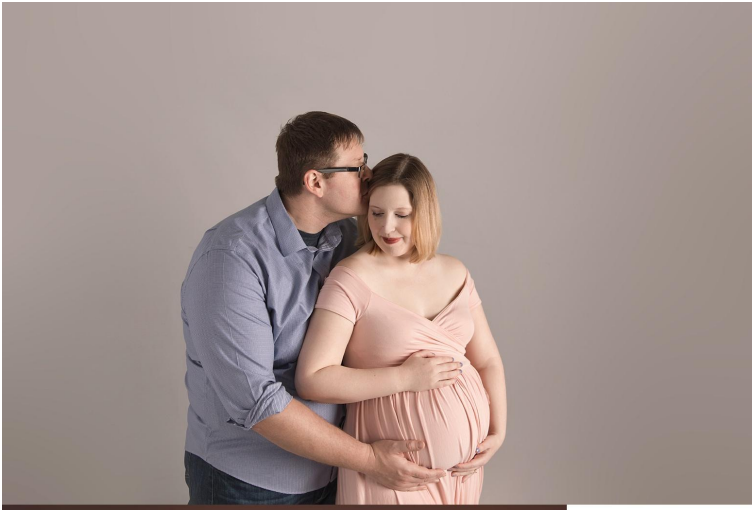
junebug PHOTOGRAPHY

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My "go to" lighting set-ups for maternity sessions



One Light Set up, feathered



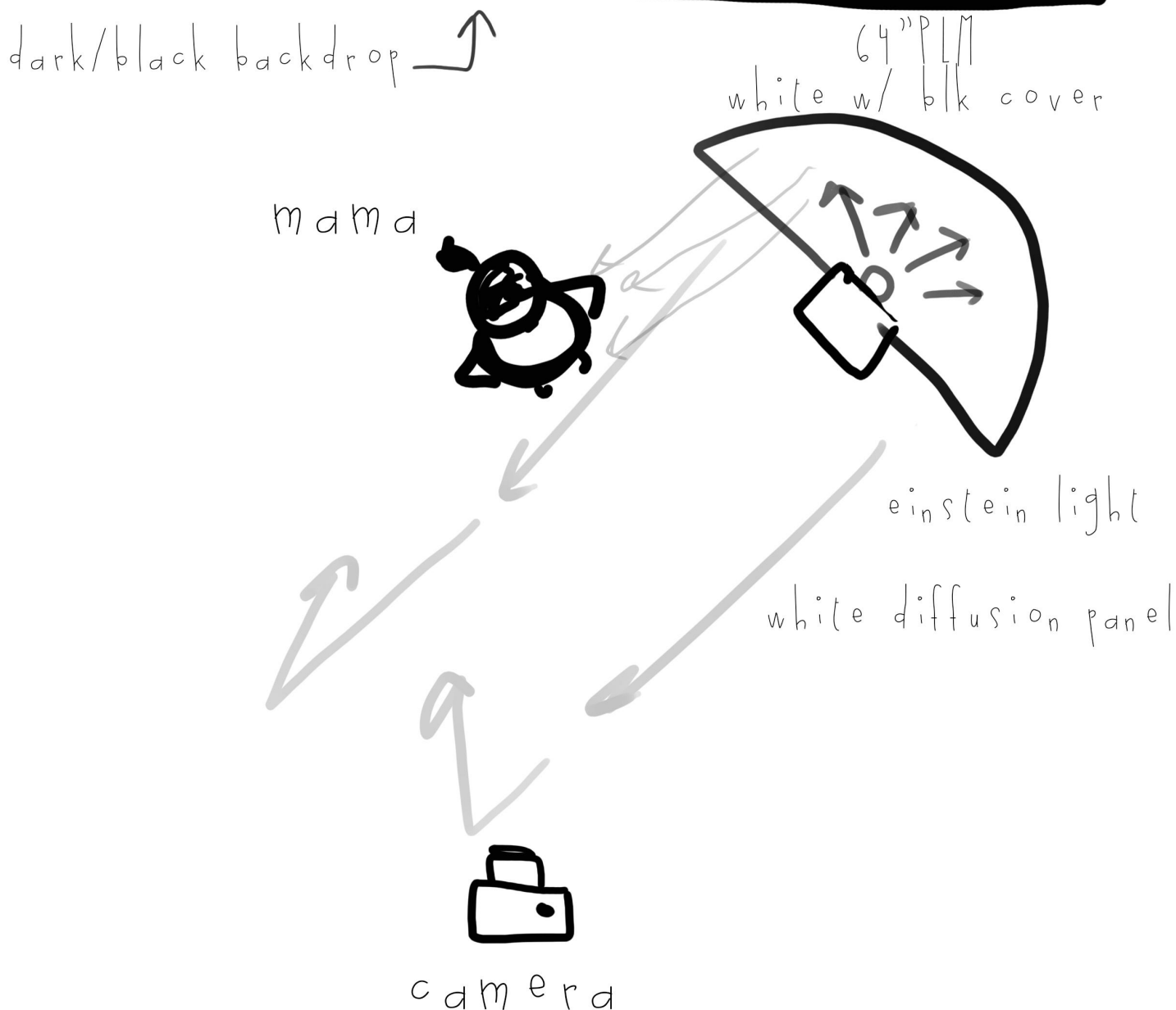
**One Light,
Feathered w/ reflector**



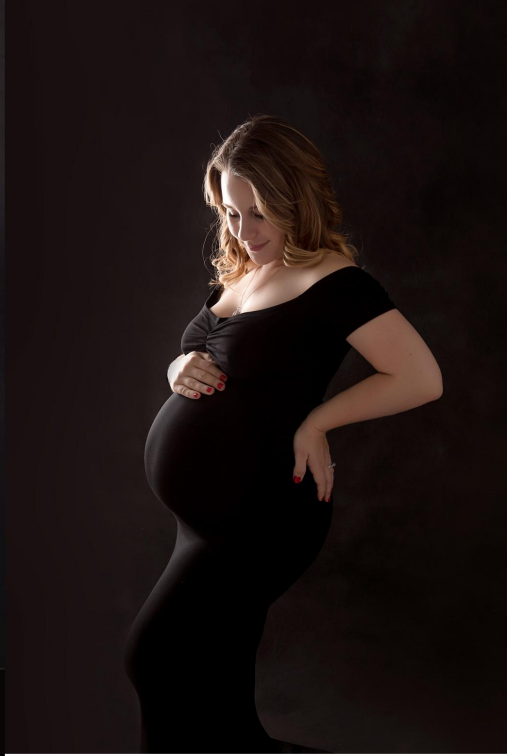


★
IMG_2297.CR2

My "go to" lighting set-ups for maternity sessions



Rim Lighting THE BELLY!

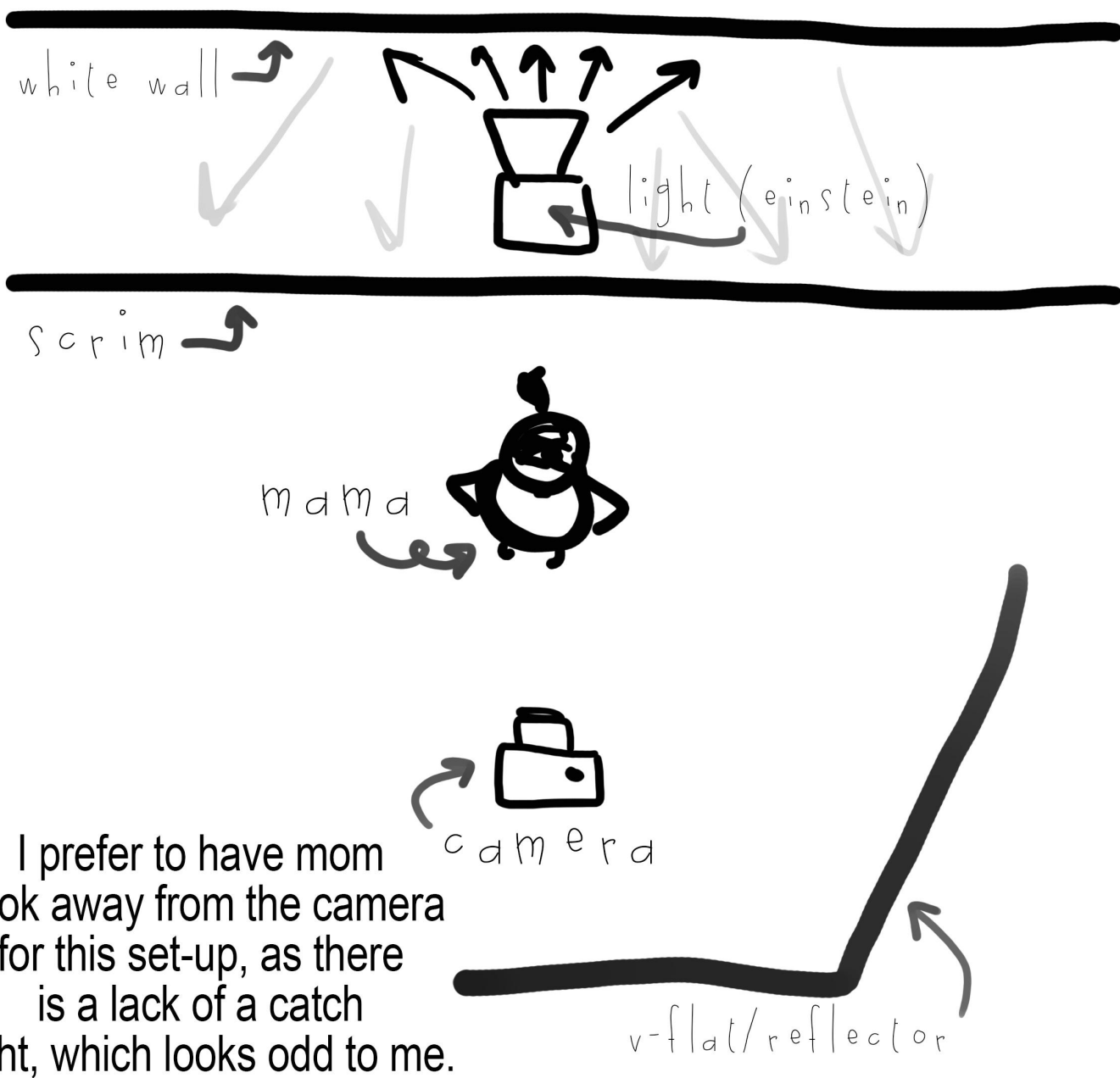


One Light
Rim Light





My “go to” lighting set-ups for maternity sessions



Backlit / Dream lighting (one light)

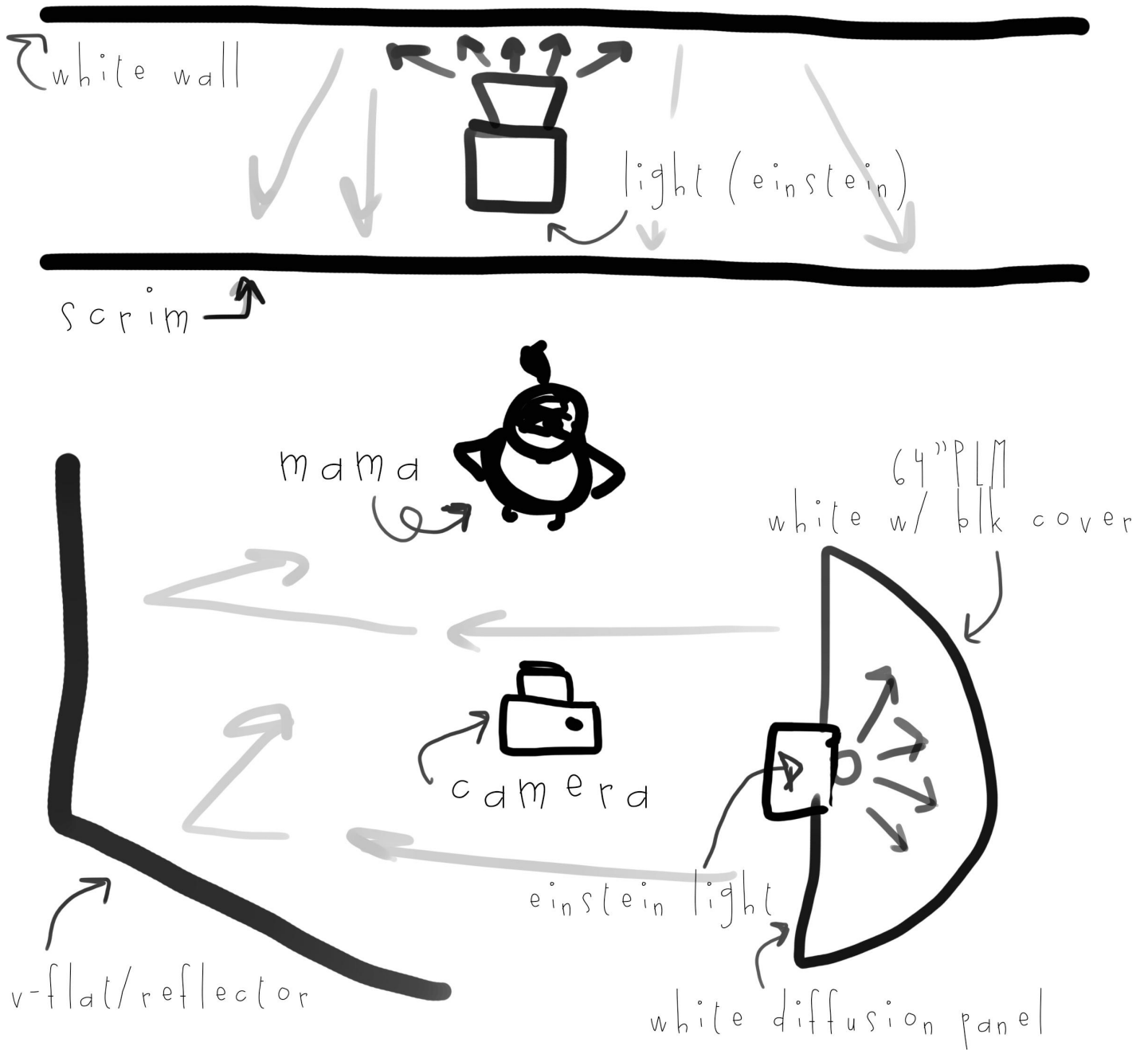


One Light

Back Lit



My "go to" lighting set-ups for maternity sessions



Backlit / Dream lighting (2 lights)

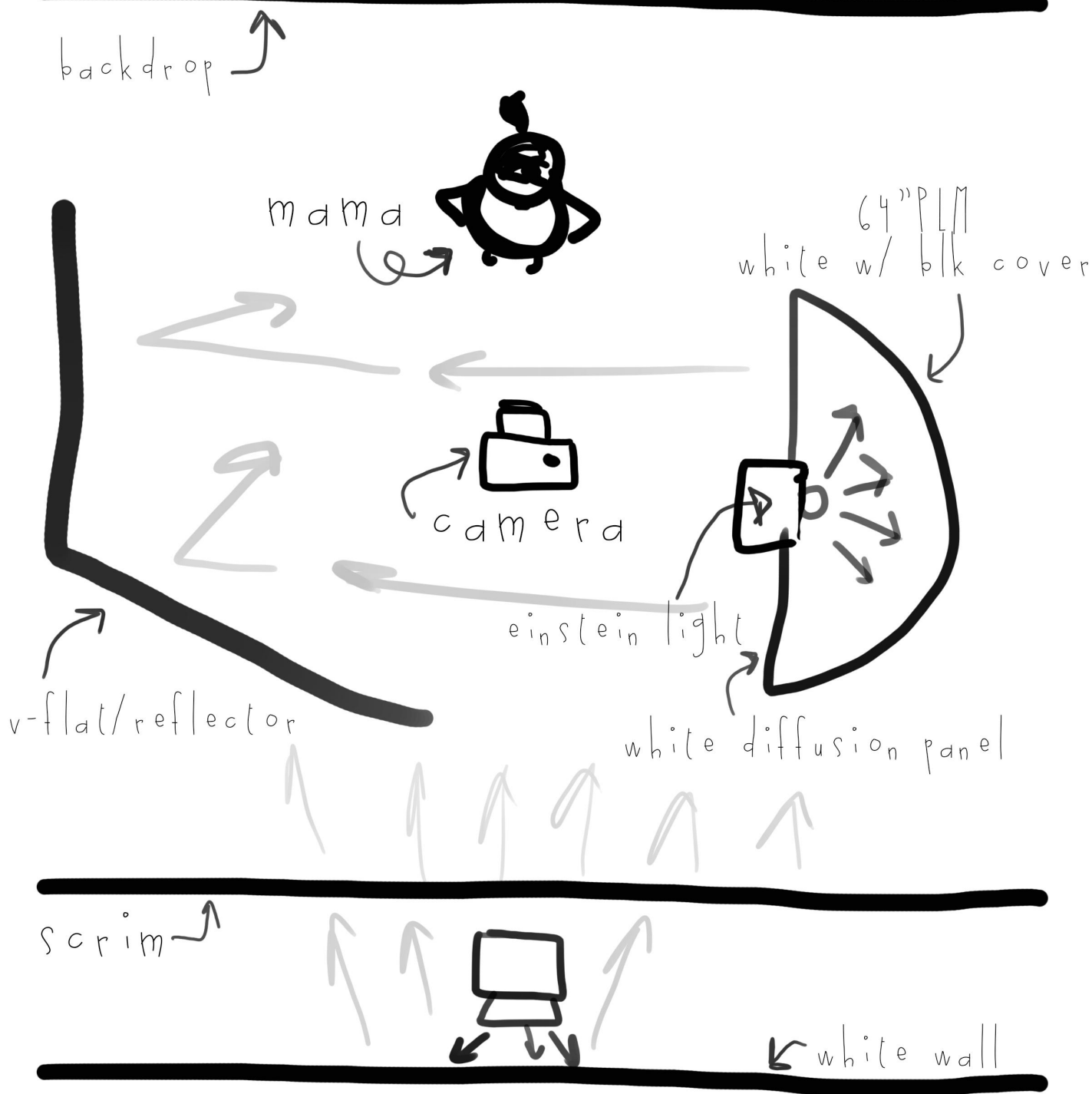
**2 Light
Back light
& feathered main
(note the catch lights!)**





My "go to" lighting set-ups for maternity sessions

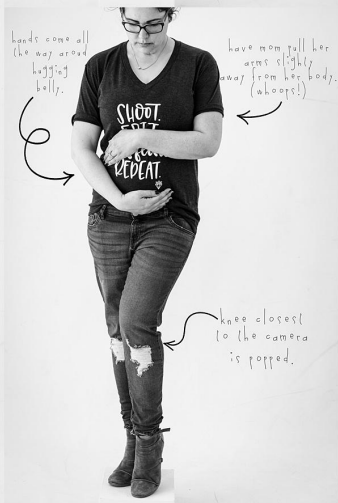
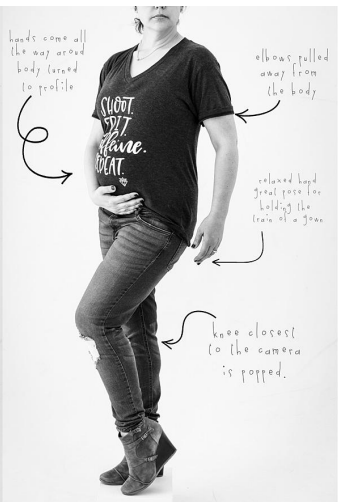
Soft, painterly light (with directionality!)

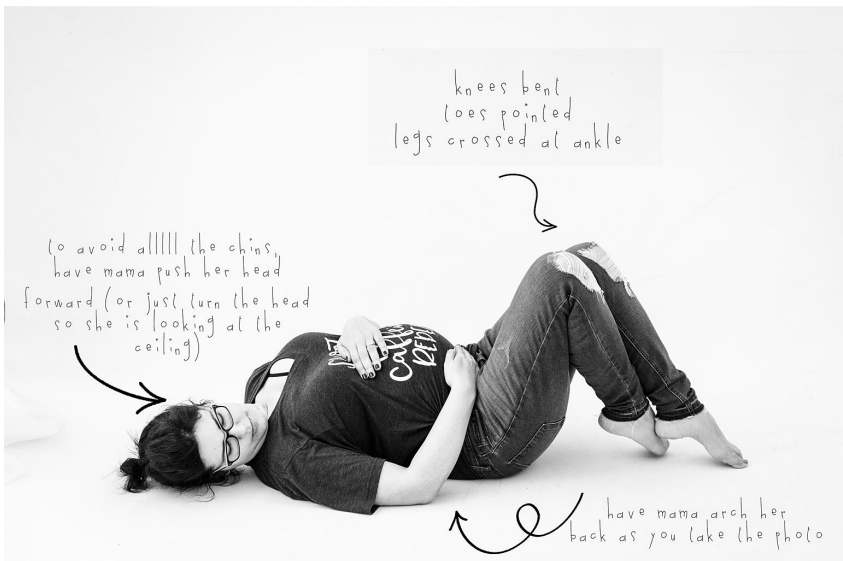




Two lights
Feathered Main
Flat & filtered fill







body turned
to a slight
profile

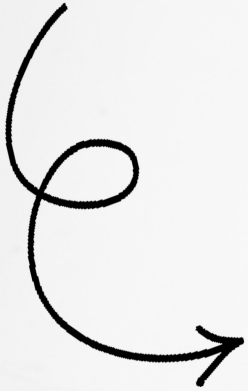
elbow is pulled
away from the
body.



knee closest
to the camera
is popped up!

relaxed hand
elbow pulled
away from body

hand turned
to a profile



knee closest
to the camera
is popped up!



relaxed hand
body turned
to profile

hand turned
to a profile



knee closest
to the camera
is popped up!

elbows pulled
away from
the body



have mama push
her forehead
"out and down"
to avoid as
many chins as
I have here..



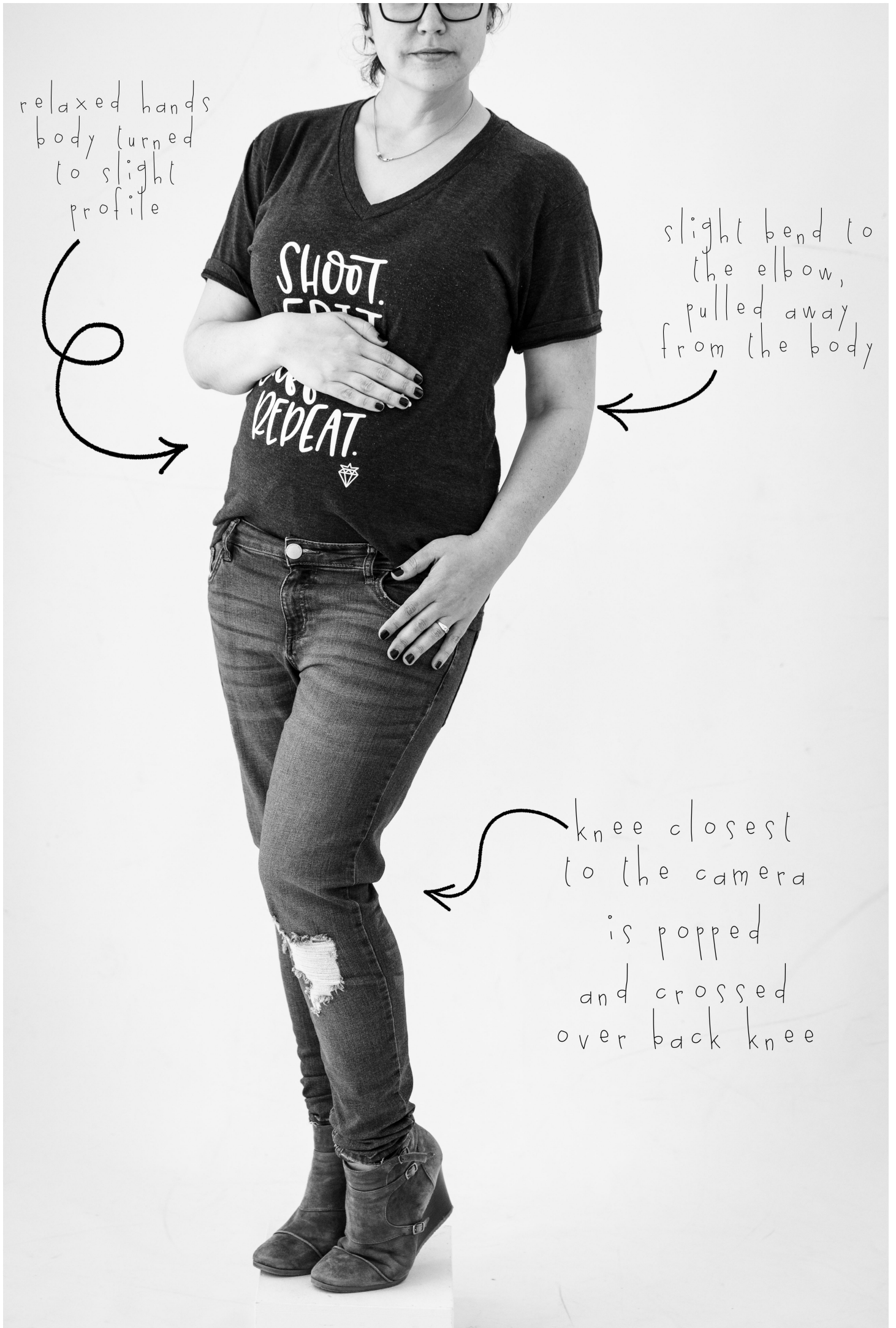
knee closest
to the camera
is popped
and crossed
over back knee



relaxed hands
body turned
to slight
profile

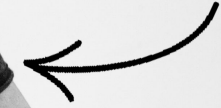
slight bend to
the elbow,
pulled away
from the body

knee closest
to the camera
is popped
and crossed
over back knee



hand comes all the way around body turned to full profile

hand resting on hip, arm pulled away from the body

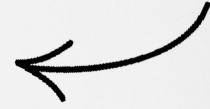


knee closest to the camera is popped and crossed over back knee



hands come all the way around hugging belly.

have mom pull her arms slightly away from her body. (whoops!)



knee closest to the camera is popped.



hands come all the way around overlapping

elbows pulled away from the body



knee closest to the camera is popped.

hands come all the way around body turned to profile

elbows pulled away from the body

relaxed hand great pose for holding the train of a gown

knee closest to the camera is popped.



hand relaxed
arm slightly
away from body

elbows pulled
away from
the body

knees bent slightly
toes pointed

have mama roll up onto her hip






SHOOT.
EDIT.
COFFEE.
REPEAT.

have mama roll
forward onto
the bottom hip


knees bent slightly
toes pointed

hand relaxed
arm slightly
away from body



hand relaxed
arm slightly
away from body

my fake belly
isn't large enough...
but the belly will
typically extend
outward into the
lap (giving more
coverage) shooting
from slightly above
will also hide
"crotch regions"



hand relaxed
arm slightly
away from body

body is turned
for a complete profile

knee closest to
camera is popped

sooo...don't be like me. an in focus image is important...

I love backlighting this pose.
The rim lighting along the profile
of the belly is divine.
If backlighting without a key
light in front, have mama
look away or down.
The lack of catchlights
can be a bit creepy.

body is turned
for a complete profile

knee closest to
camera is popped
(I promise it helps,
even if the legs aren't
visible!)

hand relaxed
on the hip arm
away from body



sooo...don't be like me.
an in focus image is important...

hands relaxed
elbows pulled
away from body



knee closest to
camera is popped
(I promise it helps,
even if the legs aren't
visible!)



have mama sit up tall
"boobs out"
and arch back slightly



hands relaxed
elbows pulled
away from body



knees bent
toes pointed
legs crossed
at the ankle



have mama sit up tall
"boobs out"
and arch back slightly



hands relaxed
elbows pulled
away from body



knees bent
toes pointed
have mama rise
slightly off feet



knees bent
toes pointed
legs crossed at ankle

to avoid allllll the chins,
have mama push her head
forward (or just turn the head
so she is looking at the
ceiling)



have mama arch her
back as you take the photo

knees bent
toes pointed
legs crossed at ankle

to avoid allllll the chins,
have mama push her head
forward (or just turn the head
so she is looking at the
ceiling)



I'd shift the pillow to be only under
mamas head (not the shoulders). Whoops...

have mama arch her
back as you take the photo