

THE POSING GUIDE

FOR STYLISH COUPLES



FROM ALEX KNIGHT STUDIO

about ALEX KNIGHT

I've been photographing weddings since 2008, and in that time I've had the honor of documenting well over 1,000 celebrations around the world. I launched Alex Knight Studio in 2020 with a simple goal: to create images that feel as honest and cinematic as your memories.

Over the years, my work has been recognized with multiple awards and featured in publications like WebVibes, Wezoree, Carats & Cake, and others — but what matters most to me isn't the press, it's how you feel when you see yourself in the photos. I want you to look back and remember the energy, the warmth, the tiny unscripted moments... not the posing.

This guide brings together what I've learned from thousands of couples in front of my lens — distilled into simple, practical ideas you can use on your own wedding day to feel relaxed, confident, and genuinely yourselves.





CHAPTER 1

INTRODUCTION

*The way you look and feel in your
photographs matters just as much as the
photographs themselves.*

Your wedding day is filled with real emotion — anticipation, joy, energy, connection — and my team's goal is to help you feel natural, confident, and fully present so those emotions translate beautifully on camera.

This guide is designed to make the experience effortless.

Not by teaching you to "pose," but by helping you understand a few simple movements and mindsets that create photographs and videos that feel cinematic, elegant, and genuinely you.

Nothing here is complex.

In fact, most of the best images come from micro-movements — how you hold hands, how you shift your weight, where your eyes go, how you interact with each other.

Think of these as prompts, not poses.

They're meant to help you stay in motion, stay connected, and forget about the camera — so we can capture you in the most authentic way.



Whether you're in front of my lens or or someones camera phone, these simple principles apply across the board. Use them freely throughout the day during portraits, getting-ready moments, and even on the dance floor.

This is your permission to relax, breathe deeply, laugh often, and trust that we'll take care of the rest.

Let's begin.



HOW TO LOOK *Natural* ON CAMERA

Most couples tell me the same thing before their wedding:

“We’re not models – we don’t know how to pose.”

The truth is, you don’t need to know how to pose.

You only need to know how to feel comfortable, stay connected to each other, and let small, natural movements lead the way. That’s where the beauty comes from.

Here are the foundations of looking effortless and natural on camera:

1. Keep Moving – Even Slightly

Stillness feels stiff. Movement feels alive.

You don't need big motions — even the smallest shifts help:

- Sway gently toward each other
- Walk slowly and naturally
- Adjust your jacket or veil
- Brush hair behind your ear
- Take a step in closer

Motion brings emotion. Emotion brings storytelling.

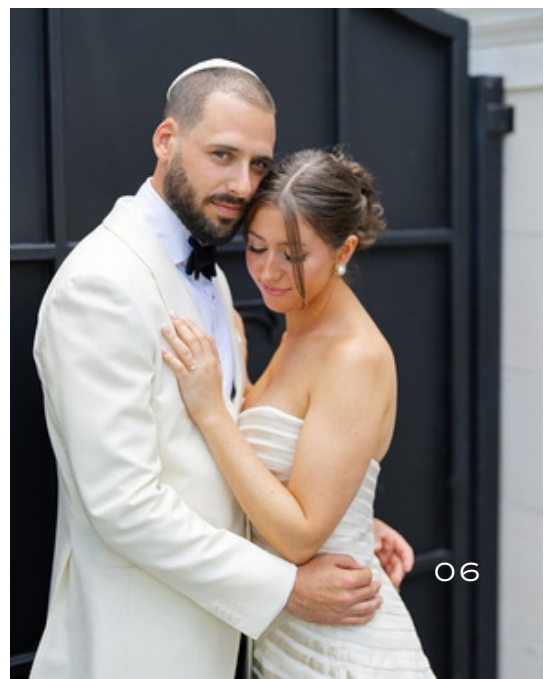
That's what we're after.

2. Breathe

This sounds simple, but most people subconsciously hold their breath when a camera appears.

A deep exhale softens your expression, relaxes your shoulders, and brings presence into the moment.

When you breathe, you look real — not posed.



3. Connect With Each Other. Not the Camera

Look at each other more than you look at me.

Turn your shoulders toward your partner, lean your heads together, whisper something funny, or simply enjoy a quiet moment together. These tiny interactions photograph beautifully and feel completely authentic.



4. Hands Make or Break a Photo

Your hands should always have purpose. Avoid letting them “dangle.”

Easy hand placement ideas:

- Hold each other — hands, arms, waist
- Lightly fix a cufflink, tie, or dress detail
- Brush a hand along the other's shoulder
- Hold flowers low and relaxed
- Put one hand in a pocket

Simple, intentional hands elevate the entire image.

5. Think About Posture – But Don't Overthink It

Great posture doesn't mean stiff posture.

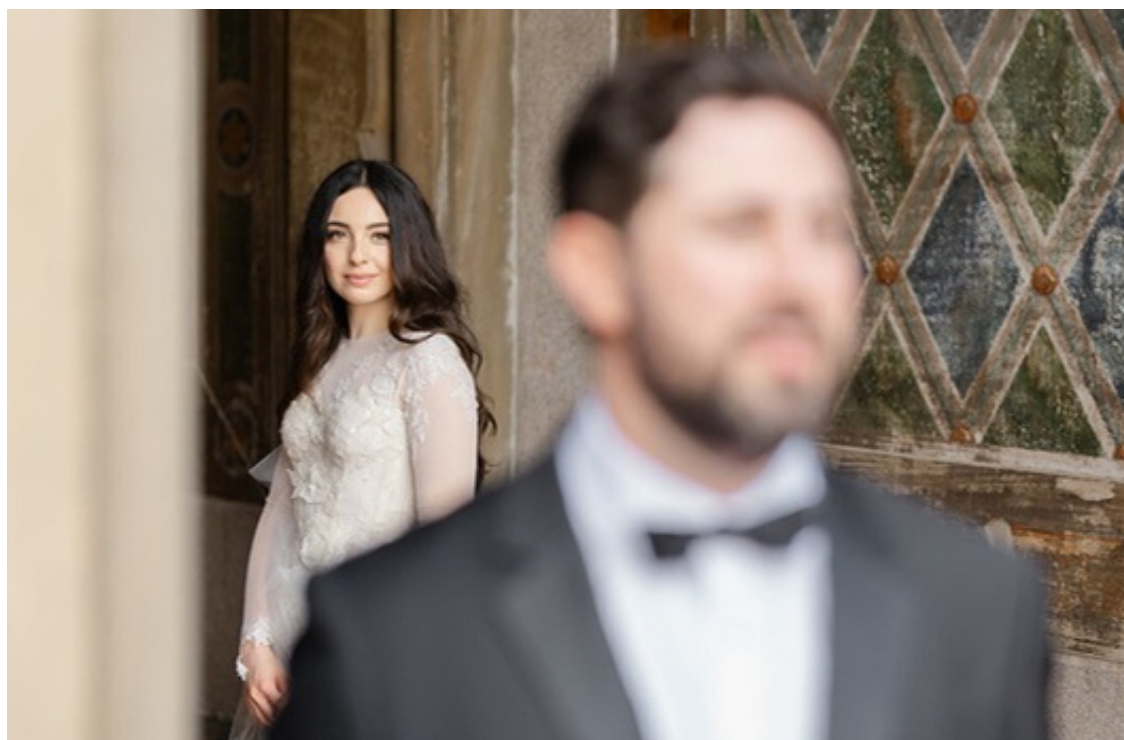
A few cues to remember:

- Keep your shoulders relaxed
- Lengthen through the spine
- Lean slightly toward your partner
- Avoid leaning too far back or away

Confidence reads instantly in photos — posture helps you get there effortlessly.

6. Trust Us to Guide You

There will be moments when I step in with light direction — but my goal is always to keep things feeling natural, elegant, and fluid.



I'll tell you when to move closer, when a hand needs adjusting, when the light is perfect. You just need to be yourselves.

CHAPTER 3

MODERN COUPLE POSES

By Alex Knight Studio

The best wedding portraits don't look posed — they look lived in. My approach is simple: I guide you into natural movements that feel like the two of you, then photograph the real reactions that follow. These poses are meant to feel effortless, elegant, and true to your relationship.



Below are the foundational poses I use at almost every wedding. They photograph beautifully, work in any location, and create a timeless visual story.



1. The Walk-Together Shot

Relaxed movement instantly takes away stiffness.

How to do it:

Walk slowly toward me or sideways, holding hands. Talk, laugh, bump shoulders — just be yourselves.

Why it works:

Movement creates authentic expressions and flattering body lines.



2. The Forehead-to-Forehead Pose

Soft, intimate, cinematic.

How to do it:

Stand close, foreheads gently touching, eyes closed or down.

Why it works:

It brings out tenderness without feeling overly posed.



3. The “Almost Kiss”

More emotion than the actual kiss.

How to do it:

Lean in almost touching lips — pause right before the kiss.

Why it works:

This creates tension and chemistry that photographs incredibly well.

4. The Lift / Wrap Pose

Romantic, playful, high-energy.

How to do it:

One partner lifts the other slightly as they wrap arms around the neck.

Why it works:

It gives movement and joy — a natural “we just got married” feeling.



5. The Over-the-Shoulder Look

Classic editorial feel.

How to do it:

Bride/groom faces away, looks back over the shoulder at the camera or partner.

Why it works:

Elegant, confident, and great for dress details and profile angles.

6. The Guided Hug

Not a static hug — a lived-in one.

Why it works:

Creates closeness without compressing faces or bodies awkwardly.

How to do it:

One person hugs from behind while the other leans in and softens shoulders.

7. The Sit-and-Relax Pose

Editorial, intimate, calm.

Why it works:

Removes pressure from standing posture and creates natural interaction.

How to do it:

Sit together — steps, couch, bench — bodies angled slightly inward.

8. The Veil Shot (if applicable)

Soft, dreamy, iconic.

Why it works:

Instant romance. Works in micro-moments, not forced poses.

How to do it:

We bring the veil around both of you or let it blow with wind.

9. Holding Hands + Looking Away

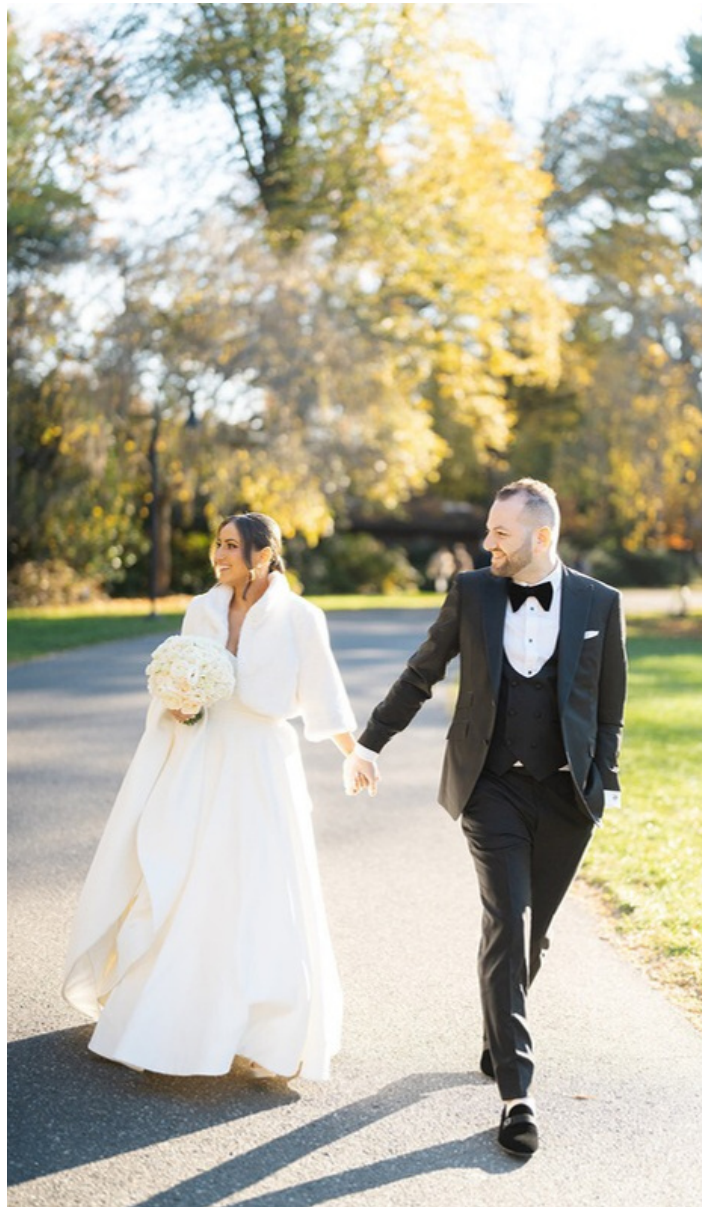
Clean, modern, editorial.

Why it works:

Works beautifully at architectural venues and outdoor fields.

How to do it:

Works beautifully at architectural venues and outdoor fields.





10. The "Fixing Something" Prompt

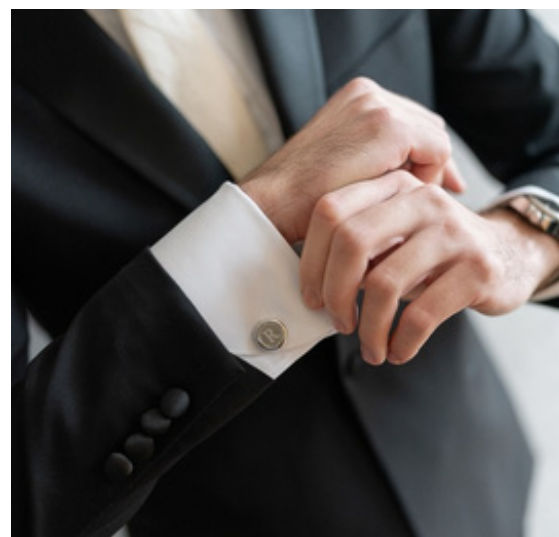
Creates natural micro-expressions.

Why it works:

These gestures feel real — because they are.

How to do it:

He fixes her dress. She adjusts his boutonniere. Hand smoothing hair.



A full-page photograph of a bride and groom standing on a stone bridge over a river. The bride is wearing a white wedding dress and the groom is in a dark suit. They are facing each other, looking down at something in the groom's hands. The background shows a calm river and a forested bank. The text is overlaid on the left side of the image.

CHAPTER 4

HOW TO *Pose* INDIVIDUALLY

(BRIDE + GROOM)

By Alex Knight Studio

Even when I'm photographing you together, there will always be moments where I pull you aside individually. These portraits matter — they anchor your album, they showcase the details you chose so carefully, and they create timeless images your family will love for generations.

Here's how to feel comfortable and confident on your own.

FOR THE BRIDE

1. Shift Your Weight

Put more weight on your back leg.

This instantly creates a natural curve and keeps your shoulders relaxed.

2. Keep Your Shoulders Soft

Avoid lifting your shoulders when you inhale or when the dress is being adjusted.

Soft shoulders translate into elegance.

3. Angle Your Body

Turn slightly — never fully straight on.

A subtle angle is always more flattering and refined.





4. Hands: Light + Intentional

A few ideas:

- Hold the bouquet low and relaxed
- Gently touch your dress or veil
- Brush hair behind the ear
- Lightly rest a hand on your hip

Hands bring femininity and movement into the frame.



5. Bring Movement Into the Dress

Even the slightest motion brings the photo to life:

- Walk slowly
- Sway the gown
- Let the veil catch the wind

Nothing should feel frozen.



FOR THE GROOM

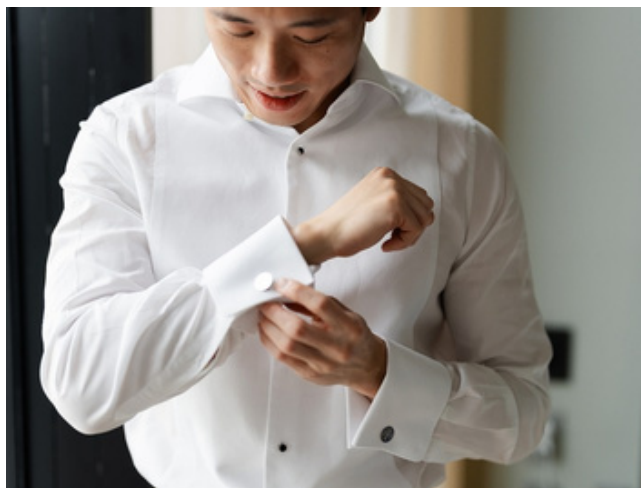
1. Hands in Pockets (One or Both)

The easiest way to look confident without feeling stiff.

2. Angle the Body

Same rule: avoid standing square to the camera.

A slight angle gives structure and strength.



3. Adjust Something

Cufflinks, jacket, bow tie, watch — these movements look sharp and natural.

4. Shoulders Down. Chest Up

Not exaggerated — just confident and relaxed.

5. Lean Slightly Into the Lens

A minimal lean avoids looking stiff or withdrawn.

CHAPTER 5

HOW TO POSE WITH YOUR WEDDING PARTY



By Alex Knight Studio

Bridal party photos should feel fun, natural, and full of personality — not like a school photo lineup. Here's how I structure these images so they feel elevated and cinematic.

1. Movement First

Walking shots always win:

- Walk toward the camera
- Laugh, talk, bump shoulders
- Keep it loose and happy

This removes stiffness immediately.

2. Don't Over-Pose

If you're standing still:

- Angle bodies slightly inward
- Relax shoulders
- Keep hands busy (bouquets low, jackets adjusted)

A small adjustment goes a long way.

3. Mix Energy

We'll get:

- A clean, classic group portrait
- A candid "laughter" moment
- A walking shot
- Smaller clusters (bride + bridesmaids, groom + groomsmen)

These variations tell the full story.





4. Keep Bouquets Low

Bouquets belong below the hip line, not at chest height.

This small detail makes the photo instantly more refined.

5. Symmetry + Flow

I'll arrange spacing and height placement — you don't need to worry about it. Just keep breathing and interacting naturally.

FAMILY *Portraits* THAT FEEL *Modern*

By Alex Knight

Family photos don't have to feel stiff or traditional. With a little structure, they can be clean, elevated, and full of warmth.

1. Stand Close – Closer Than You Think

If there's space between people, the photo feels disconnected. Shoulder-to-shoulder is ideal.

2. Angle Bodies Slightly Inward

Facing directly forward creates tension. Small inward angles feel more natural.





3. Hands Are Key

- Hands around waists
- Hands lightly resting on arms
- Hands in pockets (for men)
- Avoid dangling arms

Good hand placement elevates the entire image.



4. Relax the Shoulders

Nervous shoulders rise. Take a breath — drop the shoulders — exhale.

5. Keep Head Levels Close

Huge height gaps can feel awkward. I'll adjust placement to keep harmony in the composition.

WHAT TO DO WITH YOUR *Hands*

By Alex Knight

Hands communicate emotion more than most people realize.
If you know what to do with them, every photo becomes instantly stronger.

The Essentials

- Hold each other
- Adjust something (dress, jacket, tie, veil)
- Touch gently — not gripping
- Keep movement slow and soft
- Avoid dangling arms

Simply giving your hands a job makes
the whole photo feel intentional.



RAINY DAY POSING GUIDE

By Alex Knight

Some of my favorite wedding photos have happened in the rain.
Rain adds atmosphere, romance, and cinematic texture — and I
promise, with the right approach, it won't disrupt your photos at all.

1. Use the Umbrella as a Prop

Clear umbrellas photograph beautifully.
Hold it slightly above and behind you to
keep light on your faces.

2. Get Close

Rain calls for cozy posing:

- Forehead-to-forehead
- Almost-kiss
- Hug-from-behind
- Walking under the umbrella

Connection looks even more magical in rain.





3. Use Reflections

Rain calls for cozy posing:

- Forehead-to-forehead
- Almost-kiss
- Hug-from-behind
- Walking under the umbrella

Connection looks even more magical in rain.

4. Keep Moving

Walking shots work perfectly in rain because movement looks natural and romantic.

5. Indoor Backup Options

If we need to stay inside:

- Window light portraits
- Hallway silhouettes
- Staircase posing
- Lounge-room editorial shots

There's always a stunning alternative.

FINAL *Tips* FOR LOOKING YOUR *Best*

By Alex Knight

Before we wrap up, here are the small things that make a big difference.



1. Relax Your Mouth

A soft smile comes from relaxed lips, not forced ones.

2. Blink Before the Shot

If your eyes feel tense, blink once and look back up.

3. Lean Toward Each Other

Connection always photographs better than distance.

4. Don't Rush

Take your time — slower movements are more elegant.

5. Trust Us

You don't have to remember any of this perfectly.
I'll guide you through everything.

IF YOU'RE PLANNING AN ENGAGEMENT SESSION

Many couples use their engagement session to get comfortable in front of the camera and practice the prompts from this guide.

Here are two resources to help you prepare, choose locations, and understand what to expect:

A GUIDE TO PHOTOGRAPHING ENGAGEMENT SESSIONS IN CENTRAL PARK

Beautiful route ideas, timing, and posing suggestions:

<https://alexknightstudio.com/a-guide-to-photographing-engagement-sessions-in-central-park/>

WHAT TO KNOW ABOUT YOUR ENGAGEMENT SESSION

Includes ideal timing, tips on outfits, and suggested NYC-area locations:

<https://alexknightstudio.com/what-to-know-about-your-engagement-session/>

Use these as inspiration when planning your shoot — or simply to understand how we approach engagement work with an editorial, relaxed style.





IF YOU HAVEN'T LOCKED IN YOUR WEDDING PHOTOGRAPHY YET

If you're still deciding on your photography team, I'd love to learn more about your plans and see whether we're the right fit.

Send an inquiry:

alexknightstudio.com/contact

Schedule a time to chat:

alexknightstudio.com/chat

Or reach out directly:

info@alexknightstudio.com

I'm always happy to help, whether you book with us or not.