



Boudoir

POSING GUIDE

LINDSAY
ADLER

PHOTOGRAPHY

CONTENTS

Standing Pose



- 1 ... Against wall, hand on hip, arm beside face
- 2 ... Back toward camera, arm in hair, looking over shoulder
- 3 ... Facing the wall, one hand on wall, back arm on hip
- 4.... Leaning against the wall with one elbow, other hand on hip
- 5.... Leaning against the wall, one hand behind head and other beside face
- 6.... Back against the wall, knee raised, one hand to knee, one above head
- 7 ... Leaning against wall, both hands in hair
- 8.... Standing or sitting with both hands in hair
- 9 ... Leaning on the bed with one knee, one hand on hip
- 10 ... Looking in mirror, one hand applying lipstick, other hand on hip
- 11 ... Standing, weight on one hip, one hand on hip, other holding hair
- 12 ... Standing, legs crossed, one hand on hips, one hand in hair
- 13 ... One knee on bed, one hand to hip, other to hair
- 14 ... Shot of mid-section, back arched, weight on one hip, arms raised
- 15 ... Standing, one leg in front, hand to hip, other hand to chest
- 16 ... Leaning against wall, one hand to wall, other hand above head
- 17 ... Facing away from camera, arms bent against side, looking over shoulder

Sitting Pose

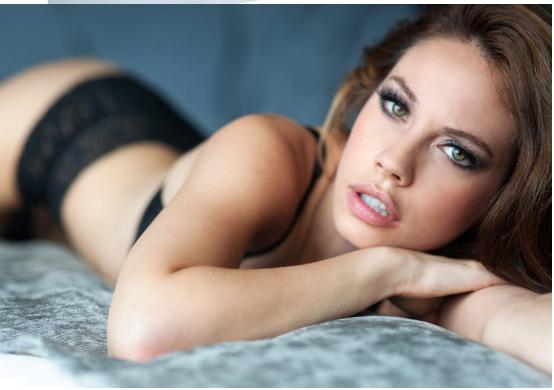


- 18 ... Leaning on the bed with one knee, one hand on hip, one hand on bed
- 19.... Sitting on the bed, one leg out, one knee bent, one hand on knee
- 20... Sitting on the bed with one knee bent and raised, one hand on bed, one hand in hair
- 21... On knees, one hand in hair, one hand on hip
- 22... On knees, body turned to the side, one hand to face, one hand on hip
- 23... On knees with leg extended, hand near camera raised
- 24... On knees with leg extended, both hands in hair
- 25... On knees, one arm crossed over body, one hand to face
- 26... Sitting on side of bed, both hands on knees
- 27 ... Sitting on bed, one hand to face, other hand across body
- 28 ... Sitting on bed, one leg raised, both hands to one hip



CONTENTS

Laying Pose



- 29... Laying on stomach, looking over shoulder, wrapped in sheet
- 30... Laying on stomach, arms in front, face to camera
- 31... Laying on stomach, one hand in hair, one foot raised
- 32... Laying on stomach, one hand to mouth, one foot raised
- 33... Turned sideways, one hand to face, one hand in hair
- 34... Laying on back, one knee up, arms up, shooting from overhead
- 35... Laying on back, both arms up, looking at camera
- 36... Laying on back, shot from the side one hand to hair, one up, eyes to camera
- 37... Laying on back, one hand to hip, one hand to mouth
- 38... Laying on back, both hands in front of body to top of head
- 39... Laying on back, one arm down, one hand above head
- 40... Shot from behind head, one hand to head making triangle
- 41... Laying on back, one hand up, eyes at camera
- 42... Laying on back, pull down at underwear
- 43... On one hip, on arm bent in front of body
- 44... On stomach, one arm extended, one arm cross on top, chin on hand
- 45... On stomach, one foot up, both arms in front
- 46... On back with legs crossed and up on the wall
- 47... Laying on stomach, back arched, feet up and staggered
- 48... Laying on bed, hand to face, look up at camera
- 49... Laying on back, looking up, one hand to hip, one hand to face
- 50... Laying on back, looking up, both hands to shoulders



Against wall, hand on hip, arm beside face

Standing with one leg crossed in front of the other with her body and face turned 3/4 toward camera. Open hand of her front arm resting on her hip, creating an angle with her elbow, and her back hand reaching up with soft fingers to rest on her bottom lip.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/640 sec
Focal Length	85 mm
ISO	1250
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Back toward camera, arm in hair, looking over shoulder

Standing, turned 3/4 away, with her back to the camera, but looking over her shoulder back at the camera. Chin down, connecting with her shoulder. Front hand reaching up to brush hair away from her brow with soft fingers. Far leg crossed in front of her front leg.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/500 sec
Focal Length	85 mm
ISO	1250
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Facing the wall, one hand on wall, back arm on hip

Standing sideways with the front of her body pressed against a wall. Back arched so hips are pushed away from the wall. Back hand resting on her hip, front hand resting open on the wall. Head tilted back, 3/4 view of face.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/500 sec
Focal Length	85 mm
ISO	1250
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning against the wall with one elbow, other hand on hip

Standing, facing the camera. Right arm up with her hand resting behind her head, left arm down with elbow popped out away from the body, soft open hand resting on her hip. Right leg crossed in front of the left, with her right hip popped out. Chin down, eyes to camera.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/500 sec
Focal Length	85 mm
ISO	1250
Camera Angle	below eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning against the wall, one hand behind head and other beside face

Standing, facing the camera, leaning with right shoulder on the wall, but still creating space between the wall and her torso. Right hand reaching up with soft fanned fingers touching her lip. Left hand reaching up to pull hair off her shoulder and up on top of her head. Hip popped out, with her left knee crossing in front of her right.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/640 sec
Focal Length	85 mm
ISO	1250
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Back against the wall,
knee raised, one hand
to knee, one above head

Model leaning with her back against a wall, but with an arched back to create space between her torso and the wall. Right leg bent so the bottom of her foot/shoe rests against the wall. Right arm reaching down to graze the knee. Left hand reaching up to the top of her head. Looking off camera with 3/4 view of her face.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.8
Shutter Speed	1/400 sec
Focal Length	50 mm
ISO	1250
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning against wall, both hands in hair

Model leaning up against a door or wall, standing with knees apart and hip popped out. Right arm reaching up to shoulder level softly pulling hair out to the side. Left arm reaching up to the top of her head with soft hand resting in her hair. Chin down, face turned 3/4 toward camera.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/320 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly lower angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Standing or sitting with both hands in hair

Body turned 3/4 toward camera, back arched. Right hand reaching just above shoulder level to back of head and resting in her hair. Left arm reaching up to rest her hand in her hair behind her ear. Chin down, face turned 3/4 toward camera.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/1000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly high angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning on the bed with one knee, one hand on hip

Model balancing on right leg, with her leg leaning against the bed for balance/support. Left leg crossing over body to rest her knee on the bed. Her back is arched with left hand resting softly open on her hip. Right arm is reaching across her body to rest her fingers on her upper thigh. Chin down, face turned 3/4 toward camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Looking in mirror, one hand applying lipstick, other hand on hip

Model standing in front of a mirror with her back arched. Far arm is bent with her open hand resting on her hip. Arm closest to camera is reaching up to apply lipstick.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/800 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Standing, weight on one hip, one hand on hip, other holding hair

Model standing with legs apart and her hip popped out. One arm has the elbow popped out to create an angle and that hand is resting open on her hip, one hand reaching up to pull her hair gently away from her face. Face turned mostly toward camera, eyes gazing off camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Standing, legs crossed, one hand on hips, one hand in hair

Model standing with legs crossed at the knee, and hip popped out. One arm has the elbow popped out to create an angle and that hand is resting open on her hip, one hand reaching up to pull her hair gently away from her body. Face turned mostly toward camera, eyes gazing off camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

One knee on bed, one hand to hip, other to hair

Model standing next to bed, with her body turned halfway away from camera for a side view. Back knee resting on the bed, back arm reaching up to touch her hair at the temple. Front arm resting at her side, just in front of her body. Front shoulder rolled up to connect with her chin, face and eyes at camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.0
Shutter Speed	1/5000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Shot of mid-section,
back arched, weight on
one hip, arms raised

Model standing with legs
crossed at the knee, back
arched, hip popped out, and
arms reaching up and out of
frame.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/5000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Standing, one leg in front, hand to hip, other hand to chest

Model standing with body turned 3/4 toward camera with her back arched. Front leg stepped out in front of body. Elbow of front arm bent to create an angle, hand resting open and relaxed on back of hip. Back arm reaching up, sweeping open, relaxed hand across decolletage. Face turned toward camera, eyes on camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.8
Shutter Speed	1/2000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning against wall, one hand to wall, other hand above head

Model leaning upper body against a wall, with her back arched, pushing her lower body away from the wall. Arm closest to camera crosses in front of her body with her hand resting open and relaxed on the wall. Arm nearest to wall is reaching up, against the wall, across the top of her head, framing her face, with her hand resting open and relaxed near her temple.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/2000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Facing away from camera, arms bent against side, looking over shoulder

Model's body turned mostly away from camera, back arched, legs crossed at knee. Arm closest to camera has a slight bend in the elbow to create an angle, hand resting open and relaxed on the front of her hip. Far arm relaxed at her side. Face is turned about 3/4 back to look at the camera, chin down, almost connecting with front shoulder.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/1000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Leaning on the bed with one knee, one hand on hip, one hand on bed

Model leaning on bed with one leg straight against the side and front knee up resting on the bed. Her back arm is reaching out a bit and resting with an open hand on the bed, supporting her. Front arm is bent with her soft, open hand resting on her hip, accentuating the curve.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Sitting on the bed, one leg out, one knee bent, one hand on knee

Model sitting on edge of bed, front knee bent, back leg kicked out with heel resting on the floor. Her front arm is resting a bit behind her body on the bed, supporting her. Her back arm is reaching forward and across her body so her hand can rest open and relaxed on her front knee. Head tilted back a bit with eyes looking down toward camera.

A stylized logo consisting of the letters 'J' and 'A' intertwined.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Sitting on the bed with one knee bent and raised, one hand on bed, one hand in hair

Model sitting on edge of bed, front knee bent and lifted so foot is off the ground, knee is turned just a little away from the camera toward her back leg, which is mostly straight with her foot resting on the floor. Front arm is reaching back behind her body just a bit, her hand on the bed, supporting her. Her back arm is reaching up to rest with relaxed open hands in her hair on the top of her head. Head is tilted down toward front shoulder, facing camera.



JA

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2500 sec
Focal Length	50 mm
ISO	2500
Camera Angle	low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

On knees, one hand in hair, one hand on hip

Kneeling on the bed with legs staggered off to the side. Torso turned mostly toward camera. Her back is slightly arched with left hand resting relaxed and open on her hip. Right arm reaching up in front of her body to touch her hair at her temple. Facing camera, chin down, eyes on camera.



Camera Info

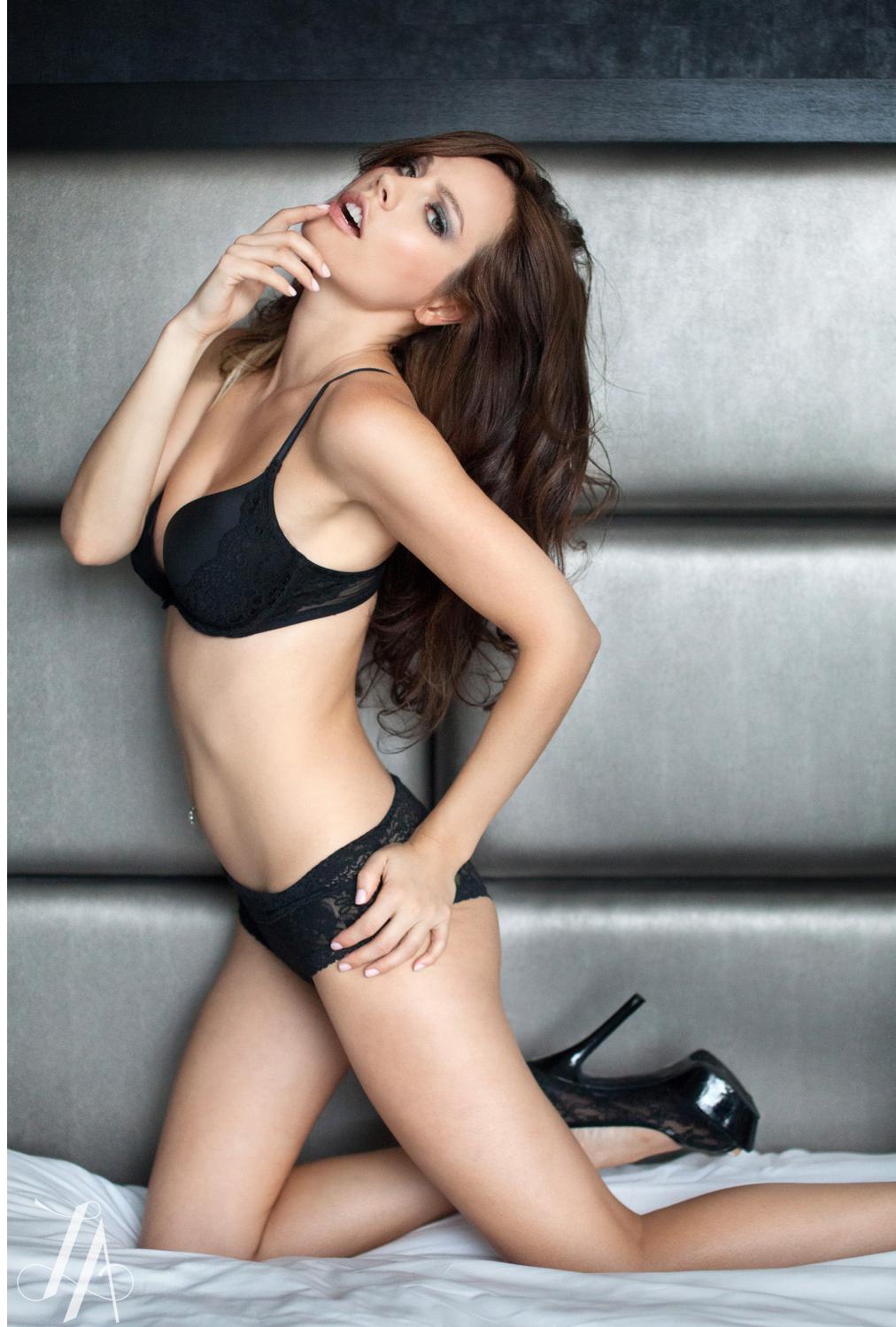
Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/4000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed (*floor to ceiling windows*). 32in silver reflector to fill in shadow side of the face.

On knees, body turned to the side, one hand to face, one hand on hip

Kneeling on the bed with legs staggered off to the side. Torso and face turned a little more than 1/2 way toward camera. Back arched, elbow of front arm bent, with front hand resting open and relaxed on her hip. Hand of back arm reaching up with open relaxed fingers, her index finger resting on her lip. Head tilted back, eyes toward camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/4000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed (*floor to ceiling windows*). 32in silver reflector to fill in shadow side of the face.



On knees with leg extended, hand near camera raised

Kneeling on the bed with legs staggered off to the side. Torso turned 3/4 toward camera. Her back arm is resting at her side with her open relaxed fingers grazing her thigh. Front arm reaching across her body, reaching up to pull her hair softly away from her face. Facing the camera, chin down, connecting with her front shoulder. Eyes on camera.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2500 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed (*floor to ceiling windows*). 32in silver reflector to fill in shadow side of the face.



On knees with leg extended, both hands in hair

Kneeling on the bed with legs staggered off to the side. Torso turned toward camera. Both arms reaching up with elbows out the sides and hands gently pulling hair up at the top of her head. Face and eyes toward camera.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed (*floor to ceiling windows*). 32in silver reflector to fill in shadow side of the face.

On knees, one arm crossed over body, one hand to face

Kneeling on the bed, hipped popped out to create a curve. Left arm crossed across her body under her bustline. Right elbow resting on left arm just above the wrist and arm reaching up to softly cup her chin in her hand with fanned, open, relaxed fingers. Face turned toward camera, but eyes gazing off camera.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/6400 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Sitting on side of bed, both hands on knees

Model sitting on edge of bed, leaning forward with her arms crossed at the wrist so each hand is resting open and relaxed on the opposite knee. Face turned toward camera, chin down, connecting with shoulder closest to camera.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2500 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Sitting on bed, one hand to face, other hand across body

Model sitting on edge of bed with her legs crossed. Arm closest to camera is reaching across her body at the bustline. Back arm reaching up with soft, partially closed hand resting at her jawline. Face and eyes to camera.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/4000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Sitting on bed, one leg raised, both hands to one hip

Model sitting on bed or up against a wall. Leg closest to camera stretched out in front of her, back leg bent at the knee. Far arm reaching across her body to meet arm closest to camera and adjust her lingerie. Chin down, eyes down.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/2500 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Backlit by window light at the foot of the bed (*floor to ceiling windows*), using curtains to help focus the light



Laying on stomach, looking over shoulder, wrapped in sheet

Laying on front in bed, with length of her body visible to the camera. Propped up on elbows with forearms resting straight out in front of her on the bed. Face turned toward camera with her jawline resting on the front shoulder

Camera Info

Lens	50 mm 1.4
Aperture	f/1.4
Shutter Speed	1/6400 sec
Focal Length	50 mm
ISO	1000
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on stomach, arms in front, face to camera

Model laying on bed with the weight of her body rolled back on her on back hip so about 3/4 of the front of her torso is visible. Her arms are out in front of her, with forearms resting on the bed, pushing her shoulders up and creating an arch in the back, and a curve in her hips. Front leg is crossed in front of the back leg at the upper thigh. Chin down, facing camera.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/3200 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly above eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on stomach, one hand in hair, one foot raised

Model laying on the bed, back leg is straight, front knee bent so her foot is kicked up toward the ceiling. She is propped up with her weight resting on her back arm. Her hand reaching up and softly pulling her hair away from her face. Front arm is reaching out in front of her with her forearm resting on the bed and shoulder rolled slightly toward her face. Her chin is down, angled a bit toward the front shoulder, eyes toward camera.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/3200 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly above eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on stomach, one hand to mouth, one foot raised

Model laying on the bed, back leg is straight, front knee bent so her foot is kicked up. Back arm is stretched out in front of her with her forearm resting on the bed. Front elbow is bent with soft fingers reaching up so her index fingers rests on her lip. Face turned off camera, eyes gazing off camera.

Camera Info

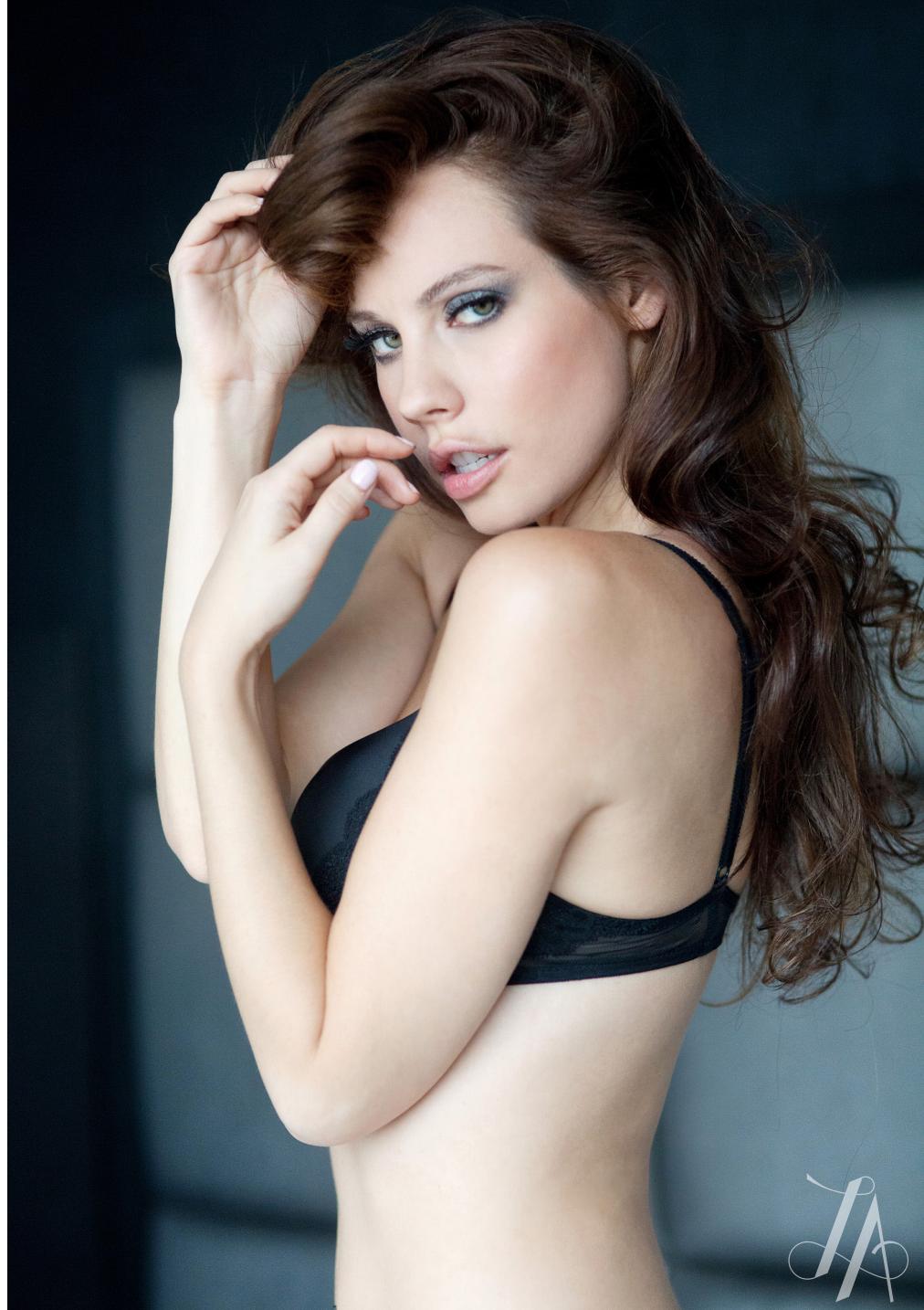
Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/3200 sec
Focal Length	50 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Turned sideways, one hand to face, one hand in hair

Model's body turned sideways, back arm reaching up touching her hair by her forehead. Front arm pulled close to her body, elbow bent reaching up with soft fingers toward her mouth. Chin down almost touching her front shoulder, face turned 3/4 toward camera, eyes on camera.



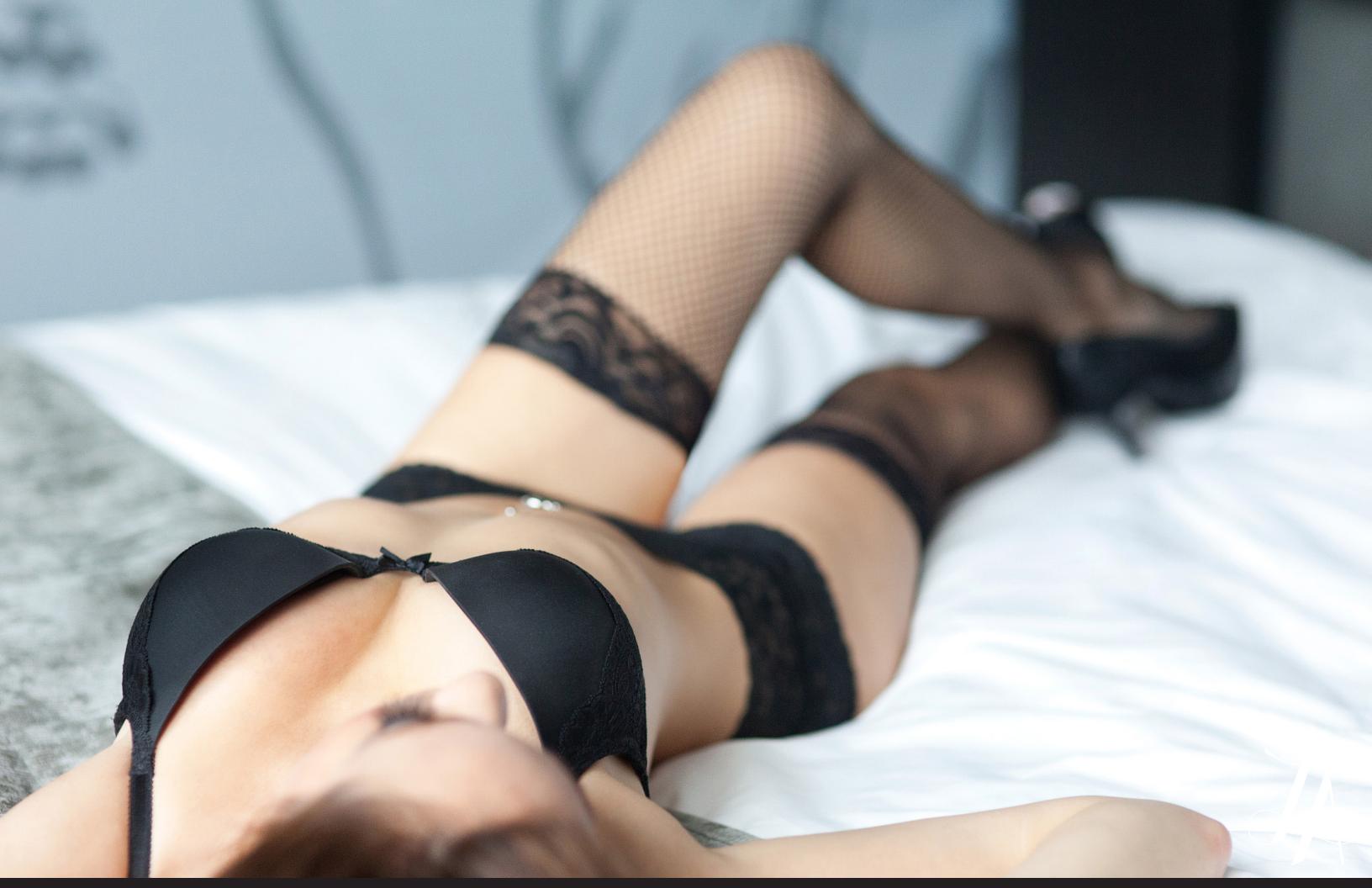
JA

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/4000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, one knee up, arms up, shooting from overhead

Model laying on her back on the bed with her back arched so her weight is supported by her hips and shoulders, pushing her torso slightly up off the bed. One leg is straight out on the bed, the other is lifted off the bed, crossing the straight leg with the foot resting by the calf of the straight leg. Her arms are bent up toward the top of her head, and face turned down looking down her body.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/2000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly high angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, both arms up, looking at camera

Model laying on her back on the bed with her back arched so her weight is supported by her hips and shoulders, pushing her torso up off the bed. Knees are bent slightly with one knee turned in, crossing over the other. Right elbow is bent so her hand is up toward the top of her head, resting in her hair. Left elbow is bent so her hand is resting on the bed up toward her face. Head is tilted up and back so her face is visible to the camera. Eyes on camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/6400 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, shot from the side one hand to hair, one up, eyes to camera

Side view of model laying on her back on the bed with her back arched so her weight is supported by her hips and shoulders. Knees are bent slightly with one knee turned in, crossing over the other. Front arm bent with hand reaching up to the top of her head pulling gently at her hair. Front arm bent up toward head, with fingers softly open and relaxed. Face turned a little more than halfway toward camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	above eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, one hand to hip, one hand to mouth

Model laying on her back on the bed with her back arched so her weight is supported by her hips and shoulders. Knees are bent slightly with one knee turned in, crossing over the other. Front hand reaching down and resting open and relaxed on her hip. Far hand reaching up to her mouth so she can playfully bite her index finger. Her head is tilted up and back toward camera, eyes on camera.

Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/4000 sec
Focal Length	50 mm
ISO	2500
Camera Angle	slightly high angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, both hands in front of body to top of head

Model laying on her back, knees bent slightly out of frame. Face turned 3/4 toward camera, with arms reaching up to rest at the top of her head, framing her face.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/6400 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, one arm down, one hand above head

Model laying on her back, knees bent, slightly out of frame. Face turned 3/4 toward camera. Back arm reaching up to rest at the top of her head, front arm resting at her side.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/8000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Shot from behind head, one hand to head making triangle

Model laying on her back on the bed, knees bent with one knee crossed over the other. Front arm reaching up to touch the top of her head with an open, relaxed hand around the temple area. Face turned up and toward the camera, eyes closed.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/6400 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on back, one hand up, eyes at camera

Model laying on her back on the bed, knees bent with one knee crossed over the other. Arms reaching up resting close to her head. Face turned up and toward the camera, eyes on camera.

Camera Info

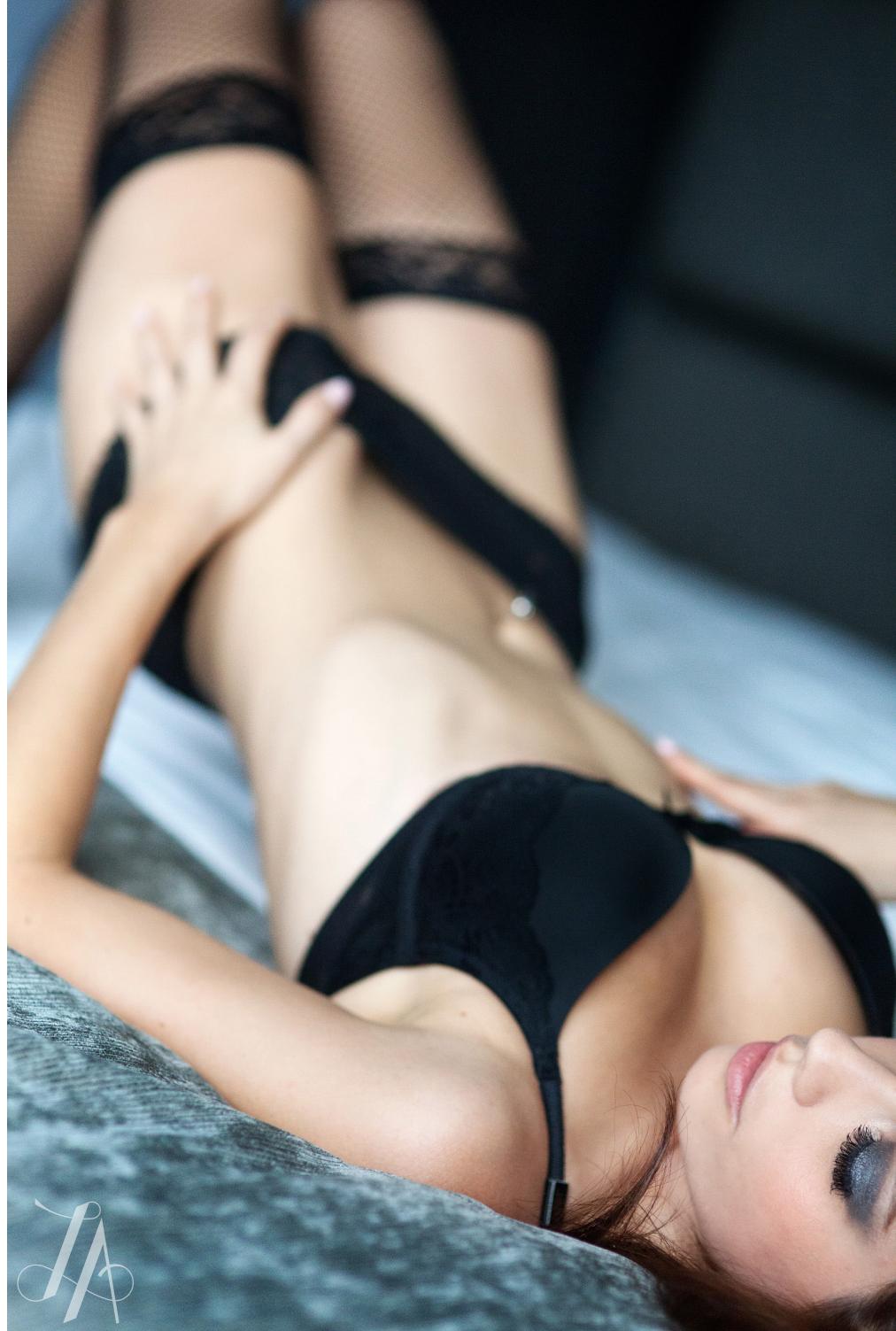
Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/8000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Laying on back, pull down at underwear

Model laying on her back on the bed. Her knees are bent using her feet on the bed to push up and raise her hips off the bed. Her front arm is resting open and relaxed on her hip, her back arm is resting open and relaxed on her just below her bustline. Eyes gazing down her body, face mostly out of frame.



Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/8000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



On one hip, on arm bent in front of body

Model laying on her side, her top leg crossed over her bottom leg. Her top arm reaching across her body to rest her hand flat on the bed. Bottom arm resting on the bed and supporting her. Her face is turned away from the camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/8000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



On stomach, one arm extended, one arm across on top, chin on hand

Model laying on her front on the bed. Out of frame, her knees are pulled in toward her torso to lift her hips off the bed. Her back arm is reaching out toward the camera, front arm is bent and reaching across so her hand is resting on her back arm above the elbow. She's facing the camera with her chin resting on the wrist of her front arm, eyes on camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/8000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



On stomach, one foot up, both arms in front

Model is laying on her front on the bed. Her front leg is kicked up at a 45 degree angle. Model is propped up on her elbows with her arms extended in front of her with soft hands, and her shoulders are slightly rolled forward. Facing camera, eyes on camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

On back with legs crossed and up on the wall

Model laying on her back on the bed, legs lifted into the air with one knee crossed over the other. Arms bent to hands are resting up by face which is mostly out of frame.



Camera Info

Lens	50 mm 1.4
Aperture	f/2.2
Shutter Speed	1/5000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly low angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



Laying on stomach, back arched, feet up and staggered

Model laying on her front on the bed. Her knees are pulled in toward her torso to lift her hips off the bed. Knees bent and legs kicked up, but staggered to make it possible to see both legs and create angles.

Camera Info

Lens 50 mm 1.4
Aperture /2.8
Shutter Speed 1/640 sec
Focal Length 50 mm
ISO 2500
Camera Angle eye level

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)



JA

Laying on bed, hand to face, look up at camera

Model laying on her back, one leg crossed over the other, mostly out of frame. Back is arched so her weight is supported by her hips and shoulders. Hands reaching up to rest open and relaxed near her face at the top of her head. Head and face tilted back to look at camera.

Camera Info

Lens	85 mm 1.4
Aperture	f/2.8
Shutter Speed	1/4000 sec
Focal Length	85 mm
ISO	2500
Camera Angle	slightly high angle

Lighting/Set-up

Backlit with floor-to-ceiling window, narrowed with curtain, to the left of the frame.

Laying on back, looking up, one hand to hip, one hand to face

Model laying on a couch, one leg bent with foot resting on the couch, the other foot resting on the ground. Elbow of front arm bent to create an angle, hand resting open and relaxed on her hip. Back arm reaching up with hand resting open and relaxed on the side of her face. Face turned 3/4 toward camera, eyes on camera.



Camera Info

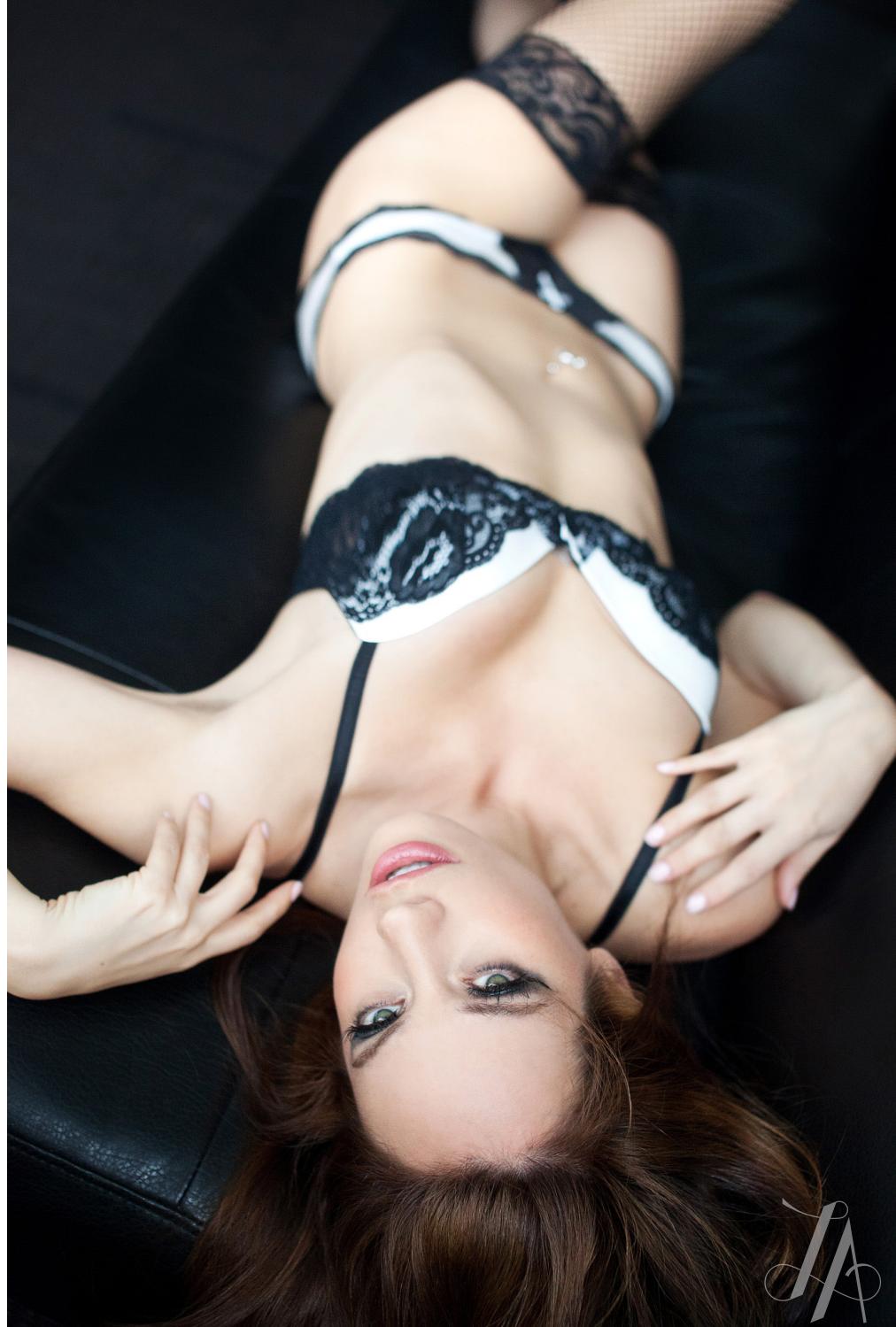
Lens	50 mm 1.4
Aperture	f/2.8
Shutter Speed	1/1600 sec
Focal Length	50 mm
ISO	2500
Camera Angle	high angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Laying on back, looking up, both hands to shoulders

Model laying on a couch, legs crossed about the knee. Both arms reaching up so hands resting open and relaxed at her shoulders. Face turned up toward camera, eyes on camera.



JA

Camera Info

Lens	50 mm 1.4
Aperture	f/2.8
Shutter Speed	1/1250
Focal Length	50 mm
ISO	2500
Camera Angle	high angle

Lighting/Set-up

Window light at the foot of the bed
(*floor to ceiling windows*)

Lindsay Adler



Lindsay Adler is a professional portrait and fashion photographer based in New York City. Her editorial work has appeared innumerable fashion and photography publications internationally including Noise, Bullett Magazine, Essence, Zink Magazine, Rangefinder and dozens more. A clean, bold and graphic style has become the hallmark of her work, making her in-demand for clients across the world.

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