

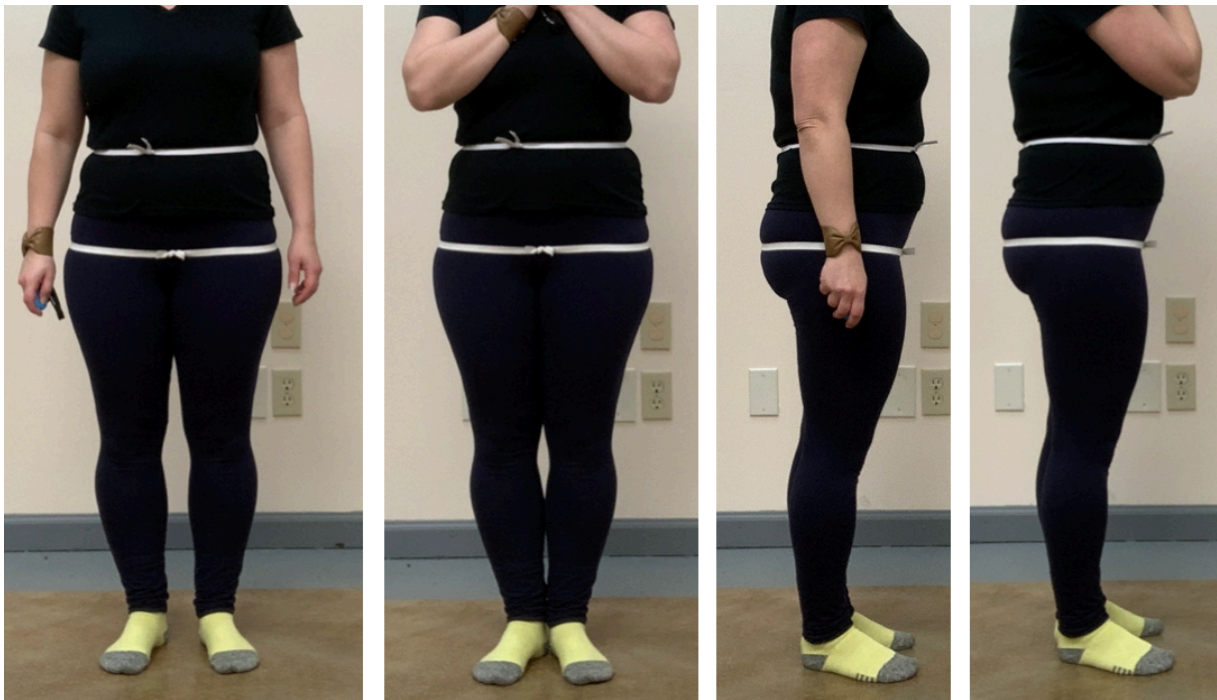
# Guide for Taking Reference/Elastics Photos for creating your custom skirt block

Observing flat photos of a body can be *suuuuper* helpful for understanding what the specific body's contours will look like when mapped flat on paper.

Since *visual data* can be just as informative as *number data* (or often even more), consider taking your time and having fun with this lesson.

Especially if you are a “visual learner”, these reference photos can reduce the importance of the number data and be a helpful tool while drafting and fitting your block. As you'll learn more in upcoming lessons, a lot can be determined and double checked by observing the photos. You can often *measure with your eyes*.

I'll often refer to these tools as your “elastics photos”. They are what will allow *me* to offer *you* valuable custom support and feedback during the measuring, drafting, and fitting lessons. (*And you know I love custom...*)



## Tips for Taking your Reference/Elastics Photos:

You'll want **at least two photos of your silhouette while wearing your waistline and hipline elastics:**

Front View: Facing the camera

Side View: Facing either side

- Only your lower body is needed in the photo.
- Waist to knee is the most important area to capture.
- Feet are not necessary, but can be helpful.
- Your head is not necessary or helpful. (*At least not in the photo... :)*)

### How to stand:

As best you can, **stand in your most neutral natural relaxed posture.**

As best you can, **square your pelvis to the camera.**

**If your arms obscure the view of your lower silhouette,** *relax your shoulders and elbows* with your hands across your chest.

Optimally, **the camera** will be:

- level with the floor
- facing straight at your lower body
- somewhere around waistline level

If you've got **a photographer**, have them *sit down* across from you.

If you've got **a tripod** (and/or remote), this would be a great time to use it.

If you **don't have either**, *get creative!* Prop with some books on a table?

If you need to hold the camera yourself, *do your best!* **Selfies are okay.**

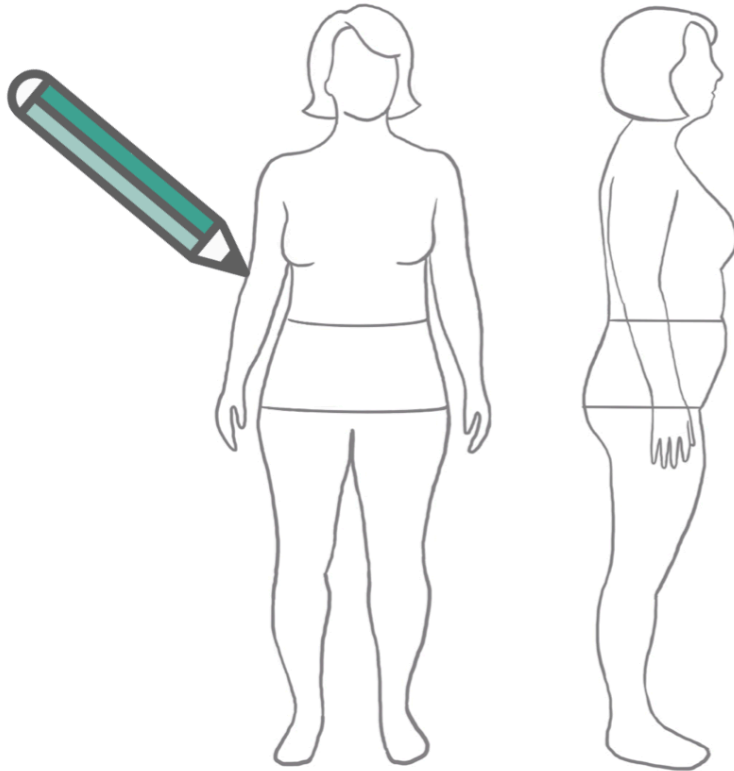
Optimally, **the background** will provide contrast to your body's outline.

It's okay if the background is messy or the lighting is dark.

If **your elastics** seem to be shifting or moving off their optimal placements, consider safety pinning them in place to your clothes.

## Tracing option:

If you don't want to share or look at the photos themselves throughout the upcoming lessons, you can **trace** your body silhouettes and your elastics placements from your photos onto a blank piece of paper- like we did in the sketching lesson. Achieves the same goal, but with less distractions. *I love this!*



## Double Check Your Elastics Placements via your Photos:

Look over your new photos to see if you are still happy with your elastics placements. Feel free to explore new waistline options... Take a little time to straighten your hipline and/or move it more “in the zone”... Custom sewing continually offers opportunities for improvements. *Embrace each opportunity!*

And/or reach out to me! *I'd love to help you with any of this stuff.*