

Photo Day

INSPO FOR OUR
DANCERS

AUGUST 29TH
SHE'S SO SOCIAL STUDIOS





Welcome to your Photo Day inspiration!

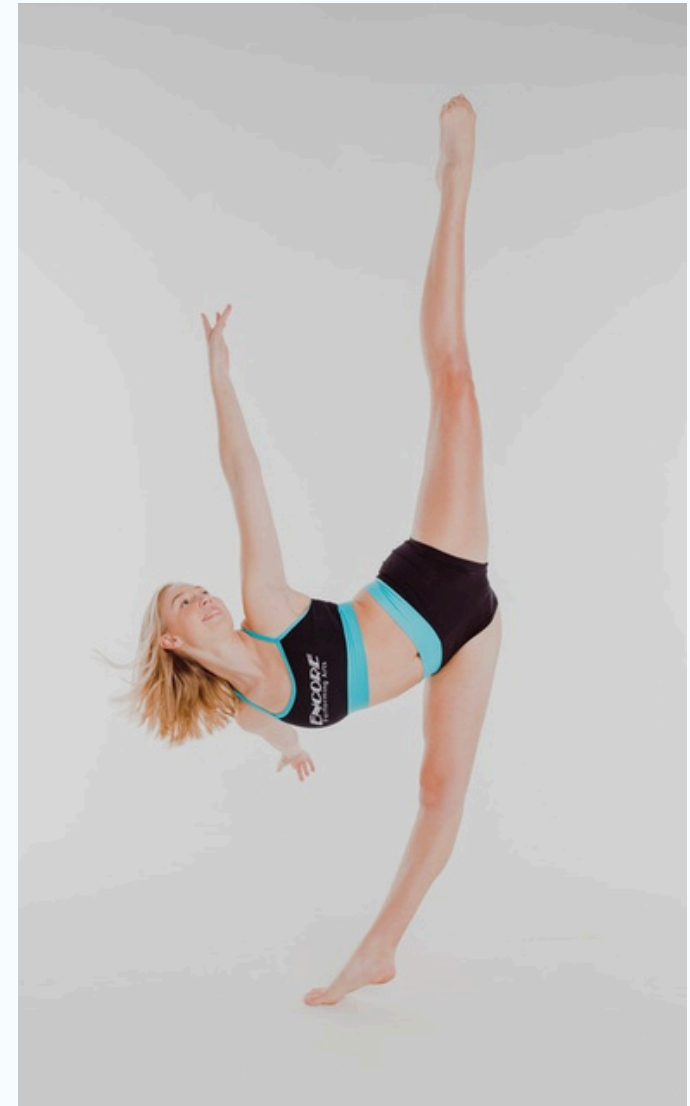
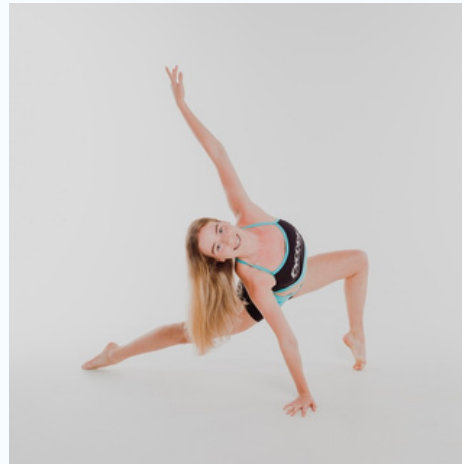
This book is filled with over 300 stunning images of our #encorefamly dancers, captured across the past eight years by the incredible Kate Whatman. As you flip through the pages, you might even spot some of your teachers as young dancers! Use this collection to help choose four poses that you feel confident and comfortable in. Remember, the most beautiful photos are the ones where your smile and personality shine—just like the amazing dancers featured here. We've also included some iconic poses that look great on everyone to help spark your ideas!



FROM LITTLE THINGS...



BIG THINGS GROW!

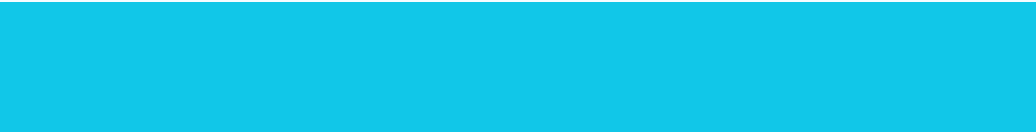
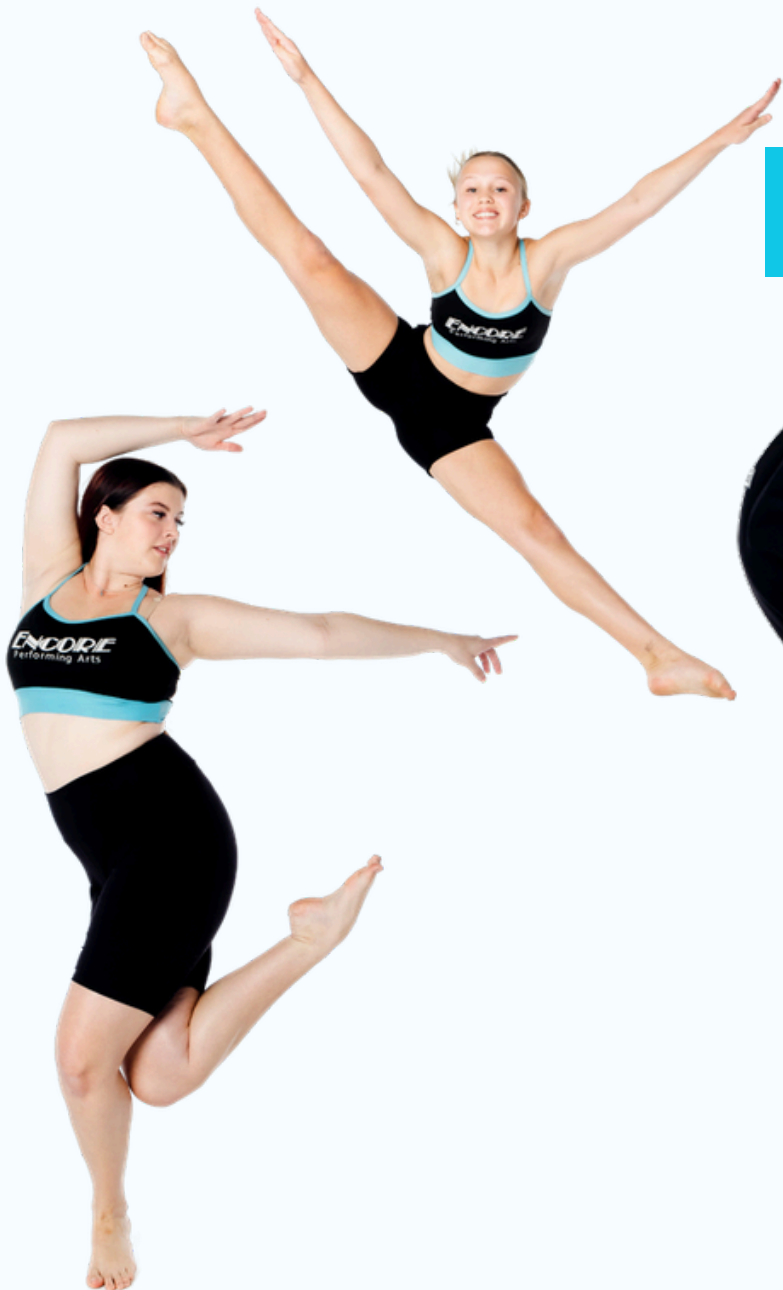


THESE FEATURED DANCERS ARE JUST A FEW OF OUR STUDENTS CURRENTLY WORKING PROFESSIONALLY INTERNATIONALLY

USE THE POWER OF HAIR!

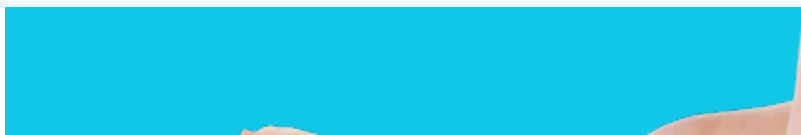
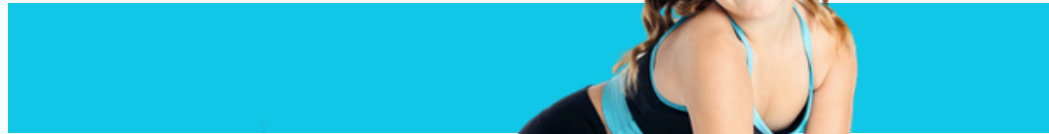


PRACTICE INCLUDING HAIR MOVEMENT IN YOUR POSES!









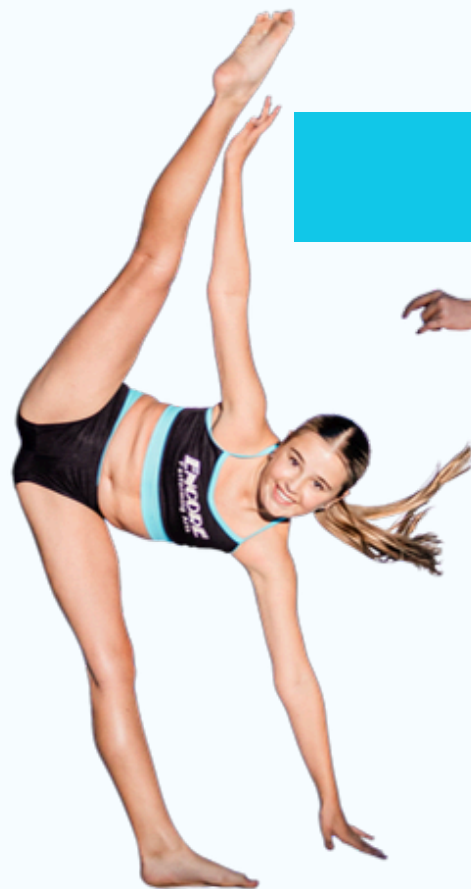
FEATURED POSE

BRIDGES

Bridge poses are always a fan favourite on Photo Day—and for good reason! Here are some fun and creative twists on this classic trick. For safety, we only allow this pose if students can comfortably lift and hold their heads well off the floor. There are so many exciting variations to try—explore them all and find the one that feels like your favourite!











FEATURED POSE

RETIRE











FEATURED POSE

OH WHAT A FEELING!

Oh, what a feeling! This pose delivers amazing results for dancers of all levels—from beginners to advanced. Just remember to point those feet and throw your hands up high! It's simple, joyful, and always looks fabulous in a photo.











FEATURED POSE

FISH POSE

Calling all acrobats! Bend into the best version of a fish pose you've got!











FEATURED POSE

LEG MOUNTS













A woman with long brown hair is performing an advanced backbend pose, possibly a full wheel or a similar variation. She is wearing a black leotard with light blue horizontal stripes. Her legs are extended upwards and slightly to the side, with her feet pointed. Her arms are bent, with her hands reaching towards her feet. Her head is tucked down, and her back is arched significantly. The background is a solid light blue color. The text "ADVANCED POSES" is overlaid on the left side of the image.

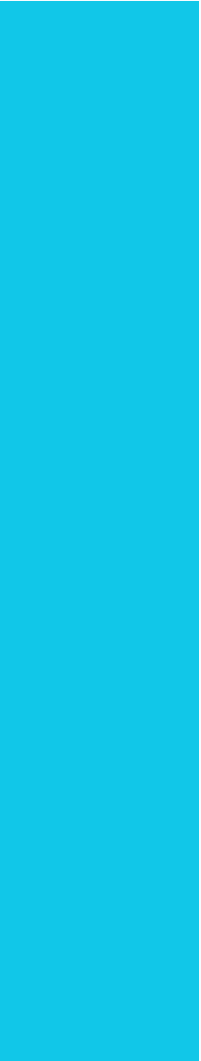
ADVANCED POSES

The following poses are designed with our more advanced dancers in mind. If you're giving these a go at home, please remember to only try movements you feel confident with, always keep those feet beautifully pointed, and be aware that these photos were taken on a concrete surface—so safety comes first! Enjoy the challenge, and be proud of how far you've come.



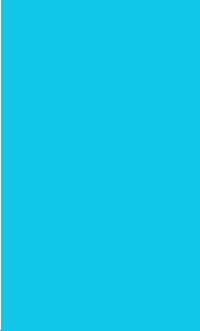


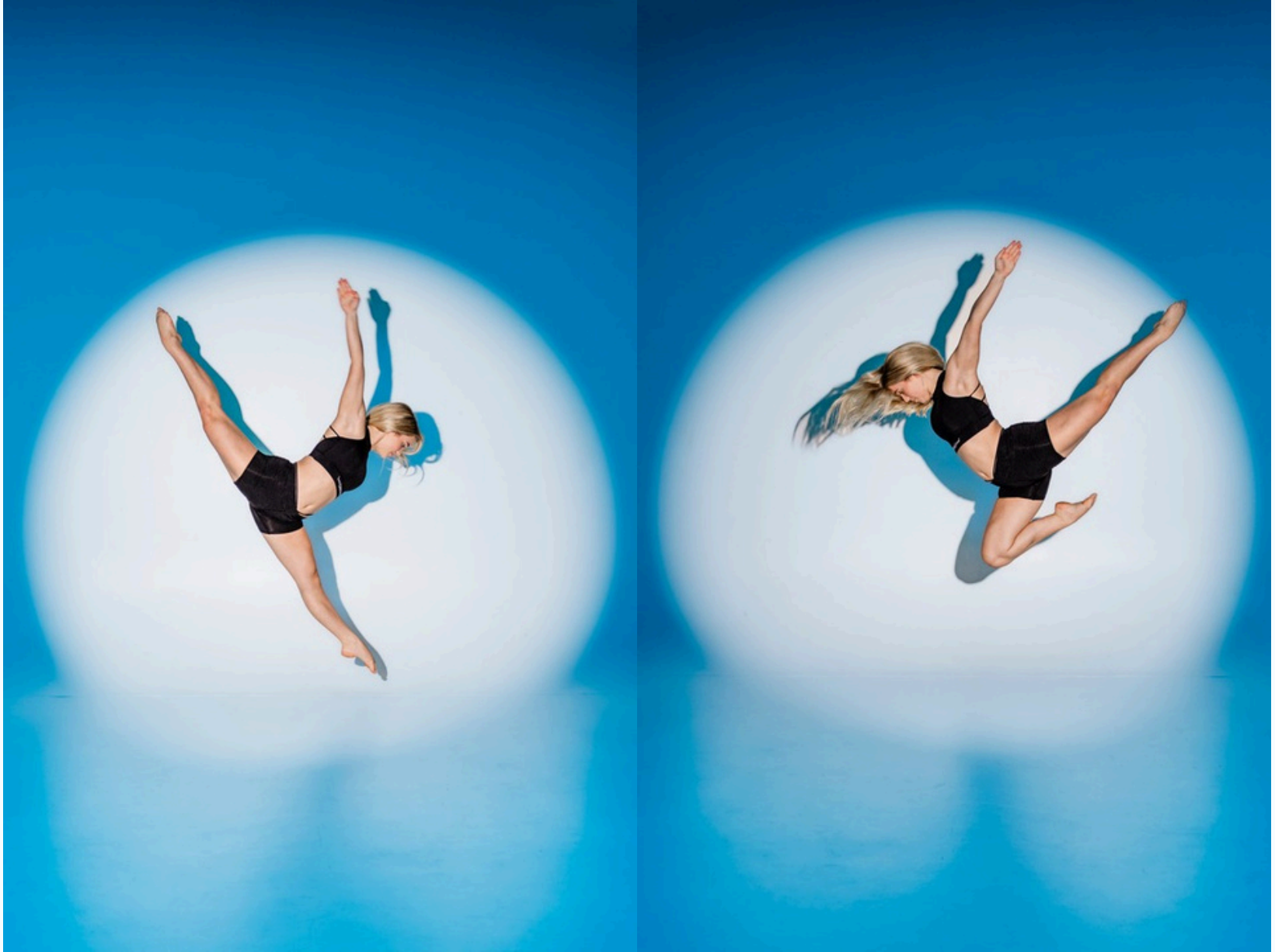


















REMEMBER MISS KATE WILL BE THERE
TO HELP YOU EVERY STEP OF THE WAY!