ACTIVITY
Posture Check

1

Take a full body picture of yourself STANDING from the front (in the following manner)
- Feet in parallel 1st (toes and heels together)
- Arms straight to the side
- Looking forward (at the camera)

2

Take a full body picture of yourself STANDING from the side (in the following manner)
- Feet in parallel 1st (toes and heels together)
- Arms straight to the side
- Looking forward (not at the camera

3

Take a full body picture of yourself SITTING WITH YOUR LEGS STRAIGHT IN FRONT OF YOU from the side (in the following manner)
- Feet in parallel 1st (toes and heels together)
- Arms straight to the side
- Looking forward (not at the camera

PARALLEL UNIVERSE

THE ARTISTIC ADVANTAGE
with Stacey Umeh