VOL. 01

POSE

2026 EDITION

BY AUDEN B. CABELLO



34 POSES
FOR YOUR SOLO SESSION
BIRTHDAYS
PORTRAITS & HEADSHOTS
REAL CLIENTS
SHOT IN 2026

THE BIRTHDAY & PORTRAIT

Edición Cumpleaños y Retrato

AUDEN B. CABELLO



AUDEN B. CABELLO

PHOTOGRAPHY & VIDEOGRAPHY

MIDLAND, TEXAS

MEET YOUR PHOTOGRAPHER · CONOCE A TU FOTÓGRAFO

HI, I'M AUDEN.

I'm Auden B. Cabello, a photographer and filmmaker based in Midland, Texas. I picked up my first camera at twelve in Fort Stockton, and today I photograph and film quinceañeras, weddings, birthdays and portraits for families all across West Texas.

> *My job is to help you feel like yourself, and then make that look like a magazine cover.*

Before I specialized in celebrations, I worked alongside photojournalists and network film crews. My footage has aired on Fox News, Newsmax and Real America's Voice, and I appeared in the 2015 documentary Kingdom of Shadows. That work taught me to see a moment coming instead of waiting for it.

This magazine is the playbook I bring to every session. Every photo in it is from a real 2026 session. Flip through it before your day and screenshot the poses you love. You don't need to memorize anything, because I'll guide you through every step.

Gracias por confiar en mí para contar tu historia.

PLAN YOUR BIRTHDAY SHOOT

A birthday session celebrates who you are this year. Here's how to make it look like a magazine spread.

01

PICK A COLOR STORY

Choose two or three colors, like black and silver, red on red, or cream and gold. We match the backdrop and props to them.

02

CHOOSE YOUR BACKDROP

Clean white, moody black, bold color, or the spotlight circle. Tell me the mood and I'll set the scene.

03

BRING 2–3 OUTFITS

One glam, one casual and one wild card. Jeans and a white tee is always a winner.

04

BRING SOMETHING THAT'S YOU

Your cake, your hat, your roses, your number balloons, your work tools. Props make the photos personal.

05

SKIN & HAIR PREP

Book hair and makeup for the same day, keep nails fresh, and skip new skincare that week.

06

BRING THE HYPE

A best friend behind the camera keeps you laughing, and laughing is when you look your best.







POSING SECRETS · SECRETOS DE POSE

LOOK NATURAL, ON PURPOSE

Natural poses aren't an accident. These six habits make every pose in this book work for any body.

01

ANGLE AWAY FROM THE LENS

Turn your body about 45° and your face back toward the camera. It slims and adds dimension.

02

SHIFT YOUR WEIGHT

Lean onto your back hip and soften the front knee. The body forms an easy S-curve.

03

LIGHT HANDS

Touch your hair, collarbone or hat brim as lightly as you'd touch a petal.

04

SIT ON THE EDGE

Perch at the front of the stool or chair with a long back. Never sink in.

05

BREAK THE SYMMETRY

One arm up and one down, one knee bent and one straight. Uneven reads as relaxed.

06

CHIN OUT & DOWN

Push your chin slightly forward, then tip it down. It's the oldest trick in portraiture.









01

STANDING TALL

De pie

Every session starts on your feet. These standing poses warm you up and give us your full-length look.



01 THE WEIGHT SHIFT *Cambio de peso*

Weight on the back leg, front knee soft, a hand on your hip.



02 THE FLAMINGO *El flamingo*

Pop one heel up behind you, balloons in hand, and look up at them.



03 HANDS ON HIPS *Manos en la cadera*

Square up, hands on your hips, shoulders back. Confident and clean.



04 THE LOOK BACK *Mirada atrás*

Turn your back to me, then bring your chin over your shoulder.



05 ARMS UP, SHIRT OPEN *Brazos arriba*

An open shirt and both hands behind your head. Easy, effortless, editorial.



06 THE TREE LEAN *Recargada en el árbol*

One hand high on the trunk, hip pushed away, and a soft smile.

Pro tip Hands in your hair or pockets give your arms a job, and that's the secret to relaxed standing shots.



02

TAKE A SEAT

Sentada

Stools, chairs, boxes and logs. Seated poses change your shape and your energy in seconds.



07 THE STOOL PERCH *En el banco*

Sit on the edge with one boot on the rung and the other leg long.



08 LEAN BACK & LOUNGE *Recostada*

Lean back in the director's chair, kick your legs out, and put one hand in your hair.



09 BACKWARDS CHAIR *Silla al revés*

Straddle the chair backwards, arms folded on top, chin resting on your hand.



10 HIGH STOOL *Banco alto*

Sit tall with your ankles crossed and your hands relaxed on your knees.



11 BOX SEAT *Sobre la caja*

Sit sideways on a box with roses in your lap and one leg extended toward me.



12 THE LOG SEAT *En el tronco*

Outdoors, a fallen log or low wall works like a bench. Lean back on one hand.



03

ON THE FLOOR

En el piso

Getting low changes everything. Floor poses are relaxed, flirty and full of shape.



13 THE SIDE SIT *Sentada de lado*

Fold your legs to one side, lean on one hand, and keep your back long.



14 LEAN BACK & LAUGH *Recárgate y ríe*

Lean back on both hands, legs out, head tilted back mid-laugh.



15 THE KNEE HUG *Abrazo a la rodilla*

Pull one knee in and rest your arms on it. Look straight through the lens.



16 CRISS-CROSS COWGIRL *Piernas cruzadas*

Sit cross-legged in your boots, hat low, elbows on your knees.



17 THE CROUCH *En cuclillas*

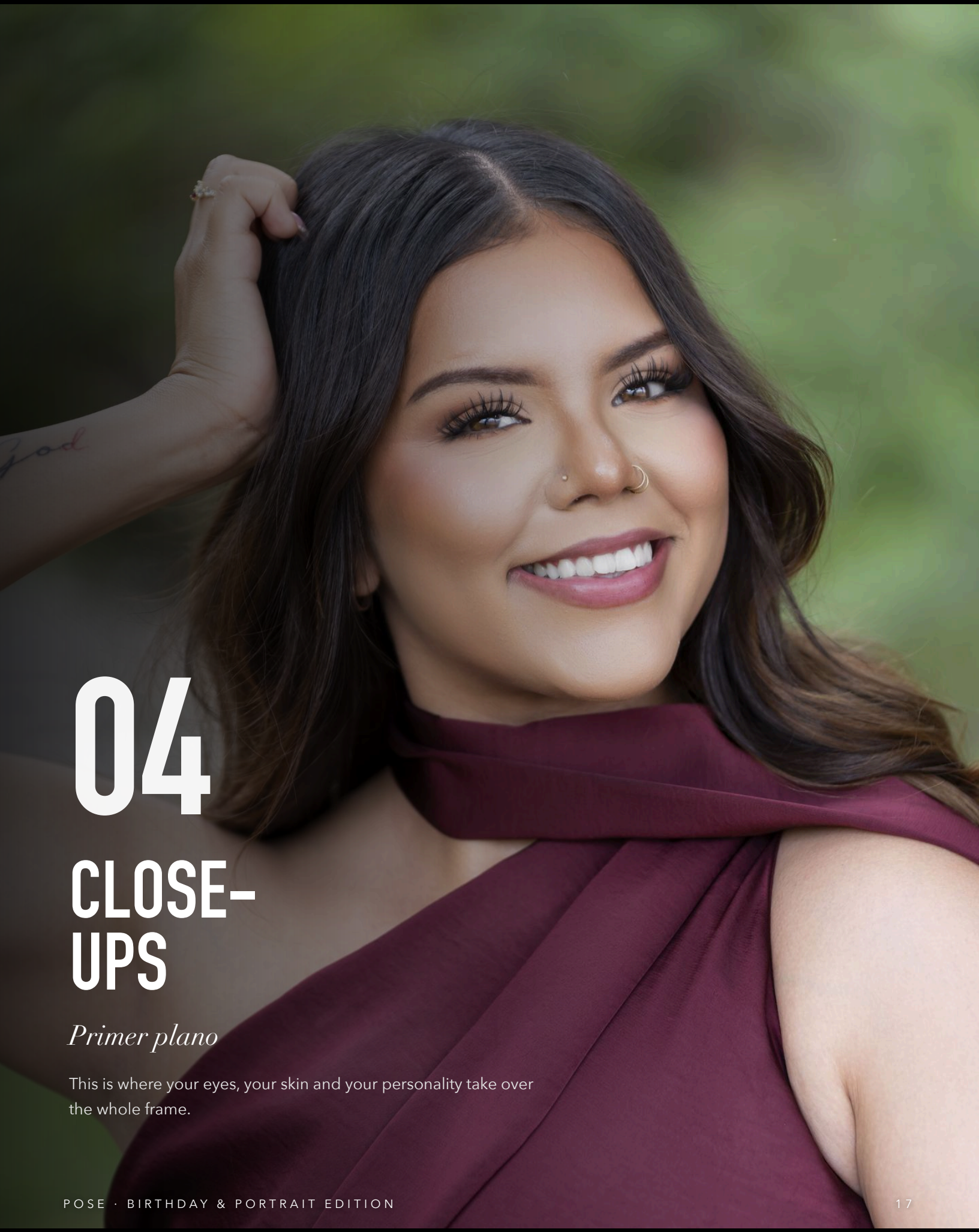
Crouch low on your toes, knees together, with a rose or prop in your hands.



18 KNEEL WITH ROSES *Rodillas y rosas*

Kneel with the bouquet held close and turn your face up toward the light.

Pro tip Wear something you can move in for the floor set, or bring shorts to wear under your dress.



04

CLOSE-UPS

Primer plano

This is where your eyes, your skin and your personality take over the whole frame.



19 HAND ON COLLARBONE *Mano en la clavícula*

Fingertips on your collarbone, shoulder raised toward your chin.



20 EYES CLOSED *Ojos cerrados*

Wrap yourself in the coat, close your eyes and breathe. Open them on three.



21 FRAME YOUR FACE *Enmarca tu rostro*

Both hands at your temples, elbows wide. Strong and graphic.



22 CAKE FORWARD *Pastel al frente*

Push the cake toward the lens. The focus lands on it and you stay soft behind it.



23 BRIM & SMILE *Ala y sonrisa*

Tip the hat brim up, drop your shoulders, and give me your biggest smile.



24 HAND UNDER CHIN *Mano en la barbilla*

Fold one arm across your waist and rest your chin lightly on the other hand.



05

PROPS & PARTY

Props y fiesta

Balloons, cake, roses and your favorite hat. Props make the photos unmistakably yours.



25 NUMBER BALLOONS *Globos de número*

One number in each hand, held wide, standing tall in the center.



26 CAKE ON DISPLAY *Muestra tu pastel*

Hold the cake up at shoulder height and turn your body toward it.



27 BALLOON FRAME *Marco de globos*

A balloon on either side frames you perfectly. Feet together, heels on.



28 BOUQUET OVER SHOULDER *Ramo al hombro*

Flowers at your shoulder and your chin turned toward them.



29 LEAN ON YOUR NUMBER *Recárgate en tu número*

Rest an arm on the giant balloon number and pop one heel up behind you.



30 HUG THE BALLOON *Abraza tu globo*

Wrap one arm around the first number and rest your hand on the second.

Pro tip Bring one prop that tells your story. One meaningful prop beats ten random ones.



31 ARMFUL OF ROSES *Brazos llenos de rosas*

Hold a big bouquet at your chest, turn your back slightly, and look over your shoulder.



32 CAKE ON THE FLOOR *Pastel en el piso*

Sit on the floor with your legs to one side and hold the cake low at your hip.



33 STOOL & BALLOONS *Banco y globos*

Perch on a stool between your numbers, cross your legs, and lean back.



34 THE HAT TIP *Toque de sombrero*

Sit on the stool with your feet apart and tip your hat brim with two fingers.

MAKE A WISH

Screenshot this page and check it off before your session.

Bring with you

- [ ] 2–3 outfits on hangers
- [ ] Shoes for each outfit
- [ ] Your props, like a hat, flowers or cake
- [ ] Jewelry and accessories
- [ ] Hair tools for touch-ups

Tell me ahead

- [ ] Your color story
- [ ] Backdrop choice
- [ ] Number balloons (age)
- [ ] Who's joining you

Day of

- [ ] Hair and makeup finished
- [ ] Nails fresh
- [ ] Water and a snack
- [ ] Your hype playlist

Popular add-ons

- [ ] A second backdrop
- [ ] An extra outfit change
- [ ] Brand and business headshots
- [ ] Behind-the-scenes reel

Book your session Choose your session package, day and time online at audencabello.com/session.







BOOK YOUR SESSION

AUDEN B. CABELLO

PHOTOGRAPHY & VIDEOGRAPHY

Quinceañeras · Weddings · Birthdays · Portraits · Headshots · Commercial & Music Videos

BIRTHDAY SESSIONS	PORTRAITS & HEADSHOTS	BRAND & BUSINESS	SENIORS & GRADUATES
✦	✦	✦	✦
STUDIO OR ON LOCATION	INDIVIDUALS & TEAMS	CONTENT FOR YOUR SOCIALS	CLASS OF 2027

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