



BAWDY BY DEE

Wellness Posing Clinic

✦ Your Stage Presence Era Starts Here ✦

What You'll Learn

- Confidence and stage presence
- Proper Wellness posing techniques
- Transitions and flow
- What judges are actually looking for

Wellness Posing Essentials

- Glutes are the star of every pose
- Soft upper body with strong lower body
- Control every movement
- Confidence is part of your score

Key Poses

- Front pose: Shape, balance, small waist illusion
- Back pose: Full glute engagement, hips back, pelvic tilt
- Side pose: Round and high glutes, small waist illusion
- Transitions: Smooth, controlled, never rushed

📌 Stage Presence Tips

- Glide, don't stomp
- Keep your eyes up and confident
- Move with intention
- Own your space on stage

🚫 Common Mistakes

- Standing too upright (no glute sit)
- Rushing transitions
- Stiff arms or hands
- Lack of confidence

🎯 Practice Focus

- Practice posing just as much as you train. Posing is not an afterthought.
- Hold your poses longer than comfortable
- Film yourself for feedback
- Consistency builds confidence

Stay confident. Stay consistent. Stay BAWDY ❤️
Scan to connect, book posing sessions, or stay in touch ✨

