

Module 3: Composition for Layering



Lesson 3.1

Composition Is Physical

Composition Happens With the Body

- Not in your head
- Not rules
- Movement creates frames
- Position shapes images



**Composition is a result of where
you place your physical body.**

Start With Your Feet

- Where you stand matters
- Small steps change everything
- Separate layers
- Remove distractions



**Position determines the
composition.**

The Frame Comes From Movement

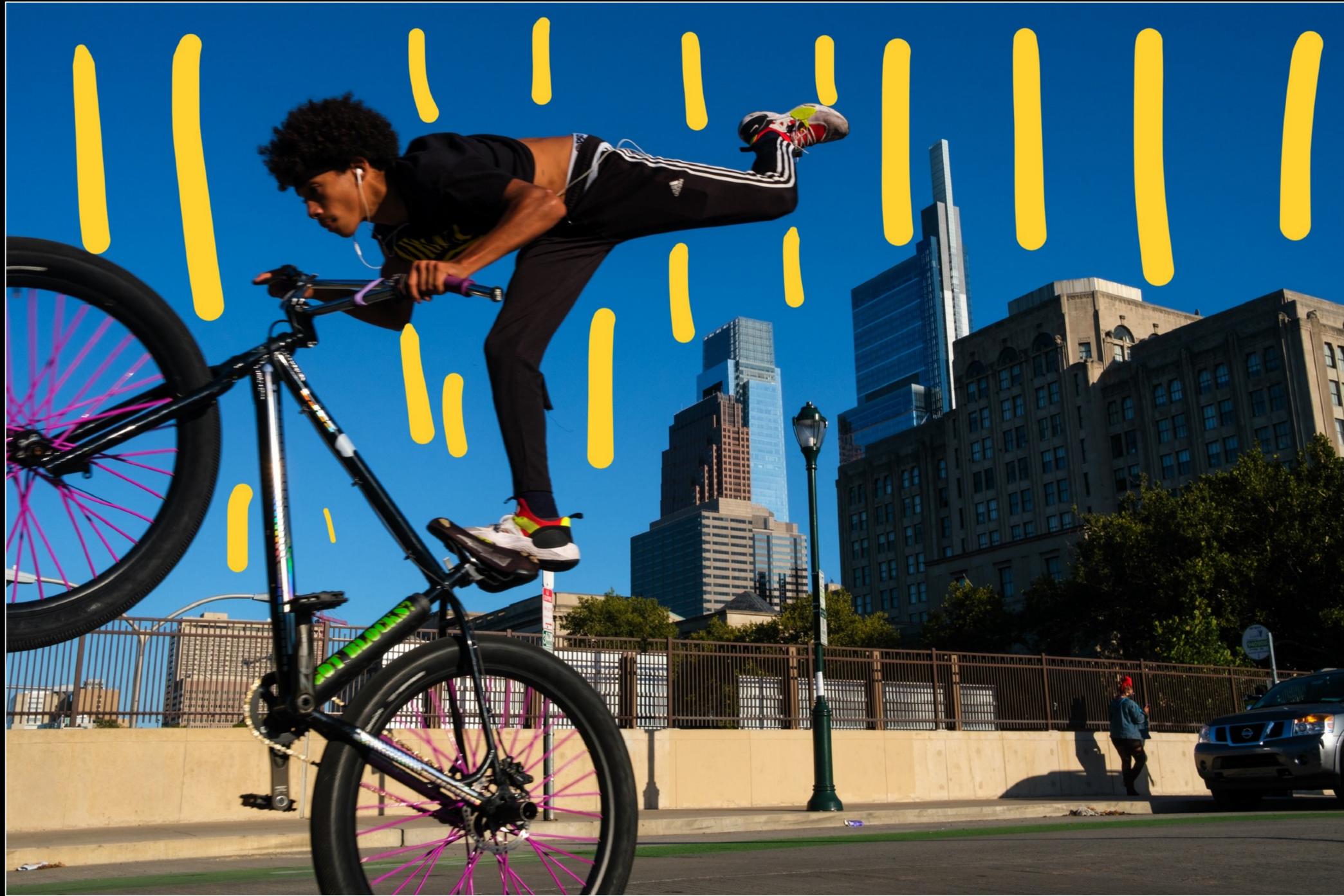
- Walk
- Slow down
- Shift
- Respond













You're physically moving.

Height Changes Composition

- Drop low
- Raise camera
- Strengthen silhouettes
- Simplify frames



Stillness Is a Choice

- Stop moving
- Let scenes build
- Anticipate
- Don't chase



Waiting is how alignment happens.

Why Rules Fall Short

- Describe outcomes
- Don't teach discovery
- Cause hesitation
- Miss moments



**Trying to impress instead of
express.**

Embodied Awareness

- Feel when it works
- Move instinctively
- Repetition trains intuition
- Body learns first



**Your intuition creates the
composition.**

The Takeaway

- Walk more
- Stand longer
- Shift subtly
- Trust your body



Lesson 3.2

Geometry and Structure in Layered Frames

Geometry Is Already There

- You don't create it
- You recognize it
- Lines, shapes, shadows
- Cities are full of structure













**You don't create it.
You recognize it.**

Structure Holds Layers Together

- Organizes chaos
- Creates stability
- Keeps layers readable
- Makes images intentional



**A lot of the best layered
photographs are easy to read.**

Simple Shapes Are Powerful

- Verticals
- Horizontals
- Rectangles of light
- Clarity over complexity



**Layered photographs don't have
to be complex.**

Geometry Guides Position

- Lines align
- Shapes separate
- Negative space opens
- Move until it clicks



Structure Supports Humanity

- Not cold or rigid
- Gives gestures context
- Emotion can breathe
- Frame stays calm



**A photograph is a reflection of
how you engage with humanity.**

Don't Name Rules

- No labels while shooting
- Balance
- Alignment
- Flow



Training the Eye

- Frames within frames
- Repeating patterns
- Natural borders
- Practice reveals structure



The Takeaway

- Quiet foundation
- Intuitive reliability
- Structure holds complexity
- Move + see



Lesson 3.3

Intuition vs. Control in Composition

The Tension

- Too much control = stiff
- Too much intuition = chaos
- Strong work lives between
- Balance matters



**A composition is a result of your
intuition.**

What Control Does

- Choose position
- Commit to background
- Use structure
- Create stability



What Intuition Does

- Sense timing
- Feel moments
- React quickly
- Know when to stop



Why Beginners Over-Control

- Fear of missing
- Overthinking
- Second-guessing
- Lack of trust



Why Intuition Needs Structure

- Structure contains chaos
- Preparation frees reaction
- Consistency comes from frame
- Luck becomes repeatable



**Luck is something that you can
force.**

Control Early, Intuition Late

- Build structure first
- Let go at the moment
- Don't control gestures
- Respond instead



**Everything comes together
naturally through instinct.**

Trust Is Earned

- Hours in scenes
- Watching and waiting
- Repetition
- Experience builds confidence



The Balance Point

- Calm waiting
- Decisive shooting
- No regret
- Feels inevitable



Lesson 3.4

Filling the Frame for Stronger Layers

Filling the Frame \neq Crowding

- Eliminate dead space
- Strengthen relationships
- Commit to the scene
- Confidence over hesitation



**The fewer distractions, the
stronger the photograph.**

Proximity Creates Intensity

- Closer feels heavier
- Stronger gestures
- Clearer layers
- Emotional immediacy



Edges Matter

- Edges are not neutral
- What touches matters
- Contain the frame
- Resolve the image



**If the eye doesn't know where to
go, the photo fails.**

Use Space Intentionally

- Balance
- Rest
- Support structure
- Remove empty noise



Dense but Breathable

- Clarity over chaos
- Energy without noise
- Presence without clutter
- Middle ground



Solve Physically

- Step closer
- Shift position
- Change height
- Wait for entry



It comes through how you position yourself in relationship to life physically.

The Takeaway

- Commit to what matters
- Strengthen what exists
- Remove hesitation
- Frames gain impact



**Photography has nothing to do
with photography.**