

# Session Structure

A standard life drawing session lasts **2.5 hours** and includes **two 15-minute breaks**.

We begin with short warm-up poses and gradually move toward longer, more demanding ones. During the session, poses change regularly — models are not expected to hold one position for an extended time.

## **Warm-up**

10 × 2-minute dynamic poses (20 minutes)  
Standing / action poses to warm up the body.

## **Medium poses**

4 × 5-minute poses (20 minutes)  
Standing and seated poses.

## **Break**

15-minute break

## **Longer poses**

4 × 10-minute poses (40 minutes)  
Sitting or standing, depending on the model's physical comfort.

## **Break**

15-minute break

## **Final poses**

4 × 10-minute poses (40 minutes)  
Seated or lying poses.

## **Additional notes**

All poses can be adjusted or modified after personal communication to suit the model's comfort and abilities. The structure may be slightly adapted depending on the specific event or workshop.