

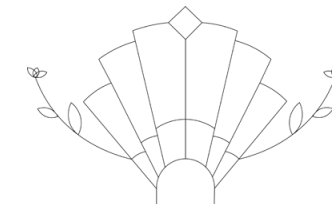


# THE MEANINGFUL WEDDING

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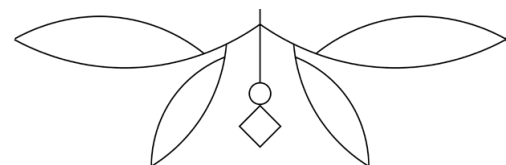
I am so happy and grateful for the trust you've shown me and my photography. We might not know each other yet but this is something I hope we can change in time for your wedding. To be able to create the kind of atmospheric photographs that I long for, it's important that you can feel comfortable to have me near during one of the most overwhelming days of your life.

If there's one thing I'd like you to take away after reading this guide, it's the fact that your wedding day is just for you. It will of course mean a lot to the people close to you but everyone who knows you and cares for you will only want you to get a day you can remember only with joy. That's the kind of day I want to help you plan.





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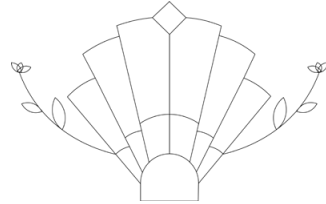


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## *About weddings*

I am married myself. It hasn't been long enough though for me to have any advice about marriage to give but I have taken part of enough weddings to have some thoughts to share. I've met plenty of both nervous and stressed wedding couples and it's especially these couples I'd like to help. Getting married should only be a joyful occasion, getting nervous is part of the process but it should never be about the party itself, only about the commitment you're making because it's a big one.

Looking only at the surface most weddings are the same and that's why I like to dig a bit deeper. Instead on focusing all my time on capturing details of the dress and the reception decorations I want to point my

camera at the wedding couple and the people around them. That's when I realize how important my work is and I go into it with all my heart. Because it's about something more than just documenting things as they happen, with my photography I also want to capture some of the underlying story. I want to capture those overwhelming feelings that follow you through the day. For me this is what weddings are about, the importance of the decision you make when you choose each other.

You don't need me to remember how the decorations look and what flowers were in the bouquet, a friend of yours could take these photos. I'll follow you through the day to capture that what only an outsider can see. Because your guests will be too involved,

they can't be expected to take a step back and capture the scene when a close relative makes a tearful speech, that's why I'm there. You and your friends can get carried away by the stream of emotions while I'll do my best to capture all that you experience so that you can enjoy it many times over for years to come.

Because this is what weddings are all about, not only aesthetic details and perfect smiles but the blur of laughter and tears of joy. It's about getting yet a little bit closer to all those people who matter in your life and that's something worth remembering.

If you like to plan that's exactly what you should do. No point is too soon to start dreaming about your wedding day. But try to let go of the thought of a perfect day. It won't

ever come true because there is no way you can control everything that happens during the day. So even if it's not really your style - try to imagine a wedding day where everything goes wrong, when you're late, the rain is pouring down and the flowers are in the wrong color. Realize it doesn't matter. Focus on the big picture instead, the important parts that make you happy. Don't think of it as a wedding that you're planning if the wedding traditions are only wearing you down. Focus on what you love instead and make your day all about that. Go all in with the emotions and plan a day that you'd like to relive time and time again. Then trust that I can deliver the story that makes it possible.



# AMANDA & RUBEN

SIPOO, JULY 2015

"The most important part of our wedding process was making sure that every choice we made we did for us.

We wanted a laid back and joyful wedding. To reach our goal we tried to screen out every tradition that didn't feel like us and replaced them with new ones we invented ourselves. We had realistic expectations and tried early on to get used to the idea that nothing would be perfect but that it nonetheless would be perfect for us.

That's what we got, our wedding day was imperfect but better than any day we ever could have imagined."







"In a warm summer breeze we read our personal vows with tears rolling down our cheeks. After the ceremony the red 60's car brought us to visit the grandfather of the groom who lived at a home and couldn't attend the ceremony. The sweat was running down our backs as we greeted all the guests welcome at the reception. Outside you could hear the paella sizzling as family friends of ours were making our wedding dinner. The old gramophone played "King for a day" during our first dance and later the bridal bouquet was passed on to the couple that had been married the longest (the bride's grandparents). Cakes and cookies of every kind was served as a buffet dessert and we even got to have our own wedding moshpit as the sun was rising."





The full story from Amanda and Ruben's wedding day can be found [here](#).



# WEDDINGS FOR INTROVERTS

## *and other sensitive people*

Do you look forward to the intensity of the heartwarming ceremony but are afraid your energy levels might drop in time for the reception? Are you grateful for the attention and joy directed at you by all your guests but aren't sure how you're going to survive an evening in the limelight?

The image painted of the wedding day as the most epic day ever might just not be for you, or we'll simply have to change our definition of epic.

Those who follow me on social media might think I speak a bit too much about introversion and what it means, but that's simply because it goes hand in hand with problems I'm used to having to navigate in my everyday life. These are things that also often connect to weddings, even if we don't mention them all that much.

The typical image of a wedding day is an extrovert's wheat dream. It's a day filled with people and impressions and you're the center of attention. I have seen many couples blossom during what they call the best day ever. I've seen how they can't get enough of the hustle and bustle of the party and wish the night would never end. That's often how we choose to portray the wedding day and then it's almost expected that the bride and groom should be the life of the party. If this is you, and you want nothing more than one heck of a party, then by all means go for it! This is your day, enjoy! Not everyone feeds of the same

energy though and for some this atmosphere is simply draining. If you love the idea of celebrating with those you love but know that a day in the limelight is too overwhelming, it's important to realize that there is no one curriculum for what a wedding day must look like. It's a celebration, and as the hosts, you can make it look (and feel) however you want.

If the thought of being surrounded by people all day makes you nervous, be sure to plan something else. While huge wedding parties in matching bridesmaid's dresses are a getting more commons, there's nothing that says that you need to jump on that train. "The best day ever" doesn't have to be over top on every level, and most importantly, it's not the way your wedding day differs from anyone else's that decided how important your day was. All you need to do is find out what makes your day meaningful to you.

To perhaps help scale off a couple traditions that might not be for you, I've listed a few things that I as a fellow introvert know I involuntarily shrug away from at weddings. I've also described some solutions as to how I've seen couples deal with these situations and in turn made new traditions that ended up making their day even more meaningful to them.





ONLY GO ALL IN  
ON WHAT REALLY MATTERS

*Only invite those you'd love to see there.*

Not those you feel you should invite. Listening to a family member's wishes and compromise where possible is one thing, but don't invite 120+ guests of your definition of the perfect celebration is an intimate dinner. More guests will not necessarily make your day more meaningful.

*Give the table seating an extra thought.*

You might think it's festive to sit just the two of you at an honorary table in the limelight, but is this really what you want? Would it perhaps feel easier if you were surrounded by friends or family that can take the edge of things?

*Don't let your expectations get the best of you.*

There is a lot of things this day has to live up to and if you know yourself to be easily overwhelmed it's perhaps even unnecessary to have 'epic' as your goal. I don't mean you're not supposed to get your best day ever, but be sure that your expectations are in fact your own, and not those of people around you being reflected on you.

*Allow all emotions.*

I documented a wedding where the father of the bride complimented the couple on how well they pulled themselves together during the ceremony, meaning they didn't tear up. I silently asked myself why ever get married if you're not

going to be moved by the day. Of course you don't have to cry, my point only being that to make the day matter, you need to be able to be present and let any emotions arise. Laughter or tears, doesn't matter, as long as you're not deliberately trying to press them down.

*Ignore traditions and games that don't suit you.*

Have you never really get why it's fun to throw the bouquets? Does the embarrassing games make you uncomfortable? Don't you think you would enjoy your first dance? Then by all means, don't. Once and for all, it's your celebration and it's supposed to reflect your definition of fun. If you don't see eye to eye, which quite easily can be the case, there are ways to compromise. Does one of you enjoy

dancing? Well, instead of a first dance maybe he or she can do number with their friends instead? Does one of you love games? Then simply ask your guests to plan games where only one competes, you know each other by now. Help each other plan a celebration that both of you can enjoy.

*Late night session.*

This is something that I recommend to all my wedding couples but which is like made for introverts and other sensitive people. A break from the reception just for the two of you, when we go out and simply breathe. We can even agree that I'll keep my distance so that you can be undisturbed. More on page 50.



# PORTRAIT

*Your break from the rush of the day,  
when you can just lean into each other  
and breathe.*





During the planning process most questions I get are about the portrait session. I get this since this would be the first time many couples get their portrait taken professionally. I do however want to start by taking the edge of things: the portrait session is nothing more than a quiet moment you get to enjoy together.

The kind of portraits I want to capture are natural and calm and that's therefor also how the session turns out. I want the images to show that you only have eyes for each other and that's why I often take a step back and just let you enjoy each other's company. We walk to a few different locations and I'll give you a couple of hints on where and how to stand for us to get the best light, but that's it. I prefer you being yourselves in front of the camera and we don't need tricks for that as long as you feel comfortable. That's not always that simple thought on such an overwhelming day and that's why I wanted to share some tips on how to get the best possible circumstances for atmospheric and beautiful wedding portraits.





## THE PORTRAIT SESSION AS A CALM MOMENT FOR JUST THE TWO OF YOU

### *Take the time you need.*

The kind of portraits I strive to capture do take some time to achieve. So if the portraits are important to you - make sure to plan enough time for the session. If we only do one session I recommend you plan a full hour and to that you'll need to add the time it will take to go between different locations. If you are running late do remember that there is no need to hurry, those are not the feelings you want to capture in your portraits anyway. The portrait session is your breather during the day, make sure to enjoy it.

### *Split the session.*

We'll first do a 30-45 minutes long session

right before the ceremony and then after you're married, we'll sneak out from the reception for another 20 minutes. This will give us the opportunity to shoot in a couple of different locations and we'll get both mid day and evening light. The evening portraits are my favorite since the couple is usually more relaxed by then and you get a more calm and atmospheric mood.

### *Choose a location where we're undisturbed.*

This is a key point when you wish to capture natural and sincere portraits since you have to be able to relax. Try therefor to avoid locations with a lot of traffic. I would also advice you from bringing the wedding party along with

you. Your portraits should be all about you, not about the people goofing off behind the camera. Turn off your phones and turn your attention towards each other, this is your day.

### *Don't be afraid to get a little dirty.*

If you do the portrait session before the ceremony I understand if you're being extra careful about the dress however there's no point even wearing it if you're not going to enjoy it. You can wear an extra pair of shoes for forest portraits but most important is to just enjoy the day and realize a dirty hem only tells the story of your wedding day.

### *Don't fret about the weather.*

Sometimes it's worth getting a little wet from the rain since storm clouds look so amazing in photos. If the forecast however promises really bad weather it's worth having an indoor location you love almost as much as that magic clearing in the woods. This is something we can discuss so that we come up with a plan that makes you love your wedding portraits, come what may.









## NOT ONLY PHOTOS BUT MEMORIES

Even if portraits traditionally are the reason you even hired a photographer they're in my opinion not the most important photos from the wedding day. It depends on how you create them though and atmospheric portraits made with afterthought to portrait not just a wedding couple, but two people and their relationship are hard to beat.

These kind of portraits are hard to create during a 30 minute portrait session in the middle of a wedding day though. To get there, we need time and therefor I offer a wedding package where it's possible to do the portrait session the night before the wedding.

When have a night to ourselves, undisturbed by the schedule of a wedding, we

can take the time we need to create meaningful portraits. We can drive further to get to a place that is special to you, or take a ferry to your favorite island. We can forget about the, in perspective, trivial details of the wedding for a while and make the evening all about the two of you and your future.

This moment will be one to remember. It's both a beginning and an end and it will without a doubt give you more than just beautiful photos.

Furthermore you'll get to go home that night feeling closer than ever and ready to enjoy whatever comes your way on your wedding day.



