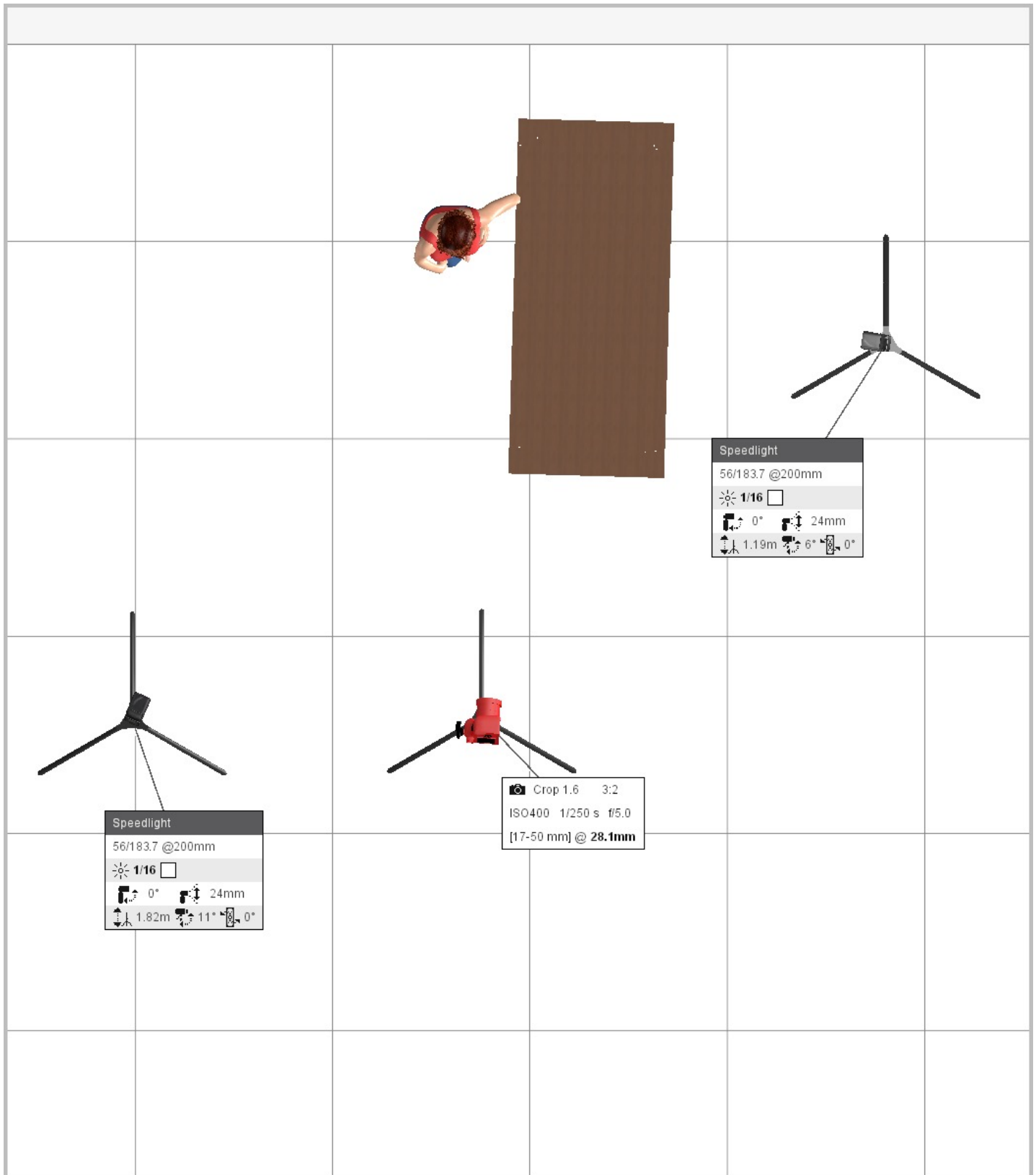


**SPYROS HENIADIS**  
GET OUT THERE AND TAKE SOME DAMN PHOTOS!  
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## Vintage Fashion Lighting Setup







### Notes:

- Flash settings are approximate. (I didn't write them down at the time.)
- Camera settings were: ISO 400, f 5.0, 1/250
- Main Light (Left): Power 1/16, Zoom 24mm, Height 6 ft / 1.8 m
- Second light (Right): Power 1/16, zoom 50mm, Height 4 ft / 1.2 m

## Conclusion

Thank you very much for taking the time to read this guide. Working with flash is a whole new level of photography, and to help you get up and running as quickly as possible I created my [Understanding Flash Photography Video Course](#).

Understanding Flash Photography will help show you the two critical components of successful flash photography.

The first is to understand how the flash works, and how it works with your camera. This unlocks your ability to control your light, and when you have control, you can begin to create AMAZING photos...

...but to really harness the power of flash, you need the second critical component, which is how to think about flash photography.

Because when you have control of the light, YOU decide how to use the light and what the light does to your photo. That's where things get REALLY fun and REALLY creative.

So if you want to get up and running with your new flash equipment [check out Understanding Flash Photography now](#) so that you can master your flash and then...

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