Levitation

videos
https://www.youtube.com/watch?v=3C1vTcD13XM
https://www.youtube.com/watch?v=_PcDeW_cgic

1. take 1 picture of someone sitting on box (or equivalent)
2. with little camera movement take 1 picture without person or box in the scene
3. open both images in Photoshop
4. bring both images into one document (so that the document has 2 image layers)
5. select both image layers
6. go to Edit —> Auto-Align Layers… (in the popup select "Auto" and click "OK")
7. add a mask to the layer with the person
8. mask out the box
9. add a new layer on top of the layer stack
10. using a black paintbrush add a shadow below the person
11. use the Edit —> Free Transform tool and layer "Opacity" to blend shadow