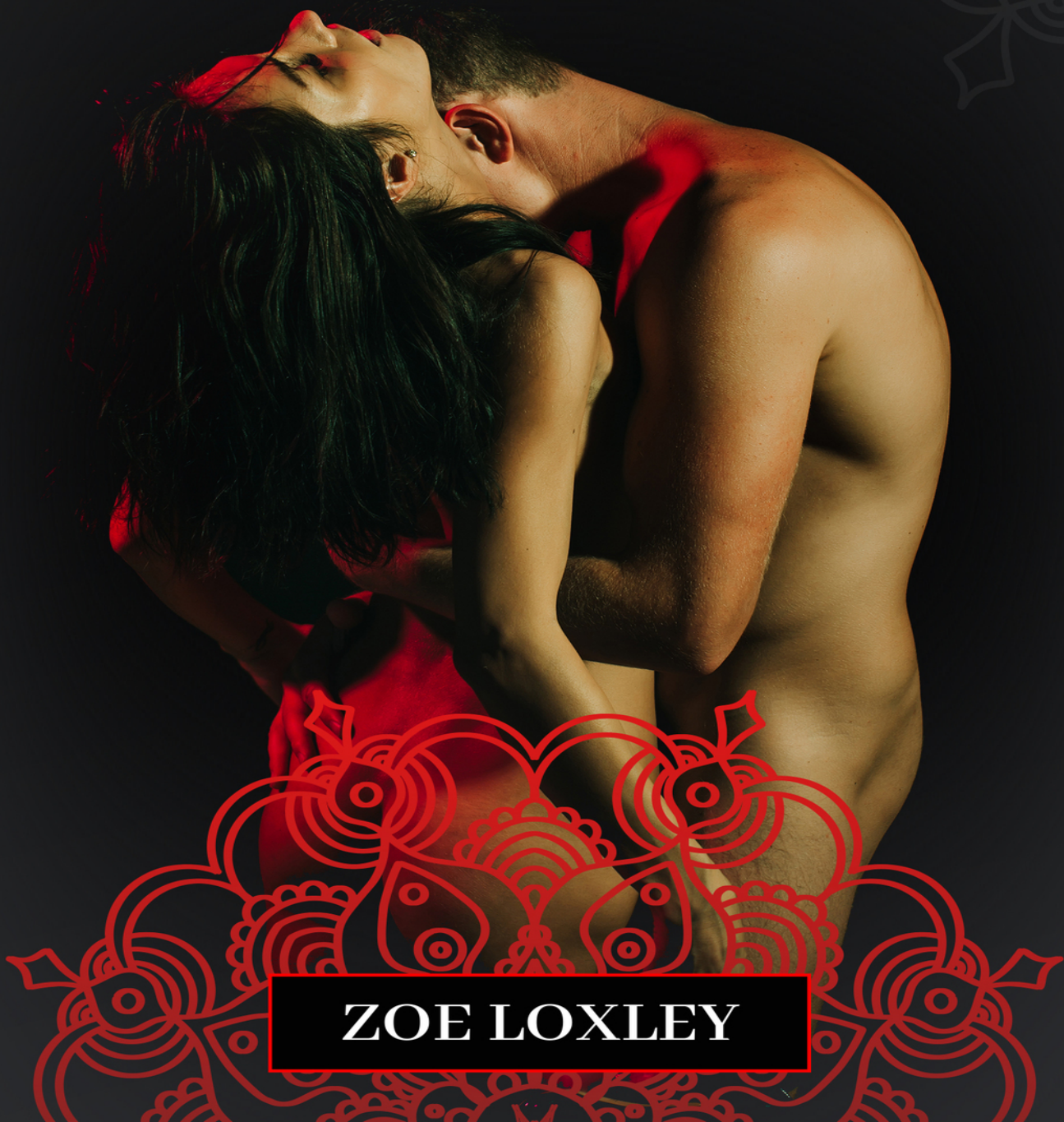


KAMA SUTRA

for beginners

A Practical Guide to Transform Your Sex Life. Explore
Powerful Kama Sutra Sex Positions, Discover Secret
Techniques & Live Hot Nights of Pleasure



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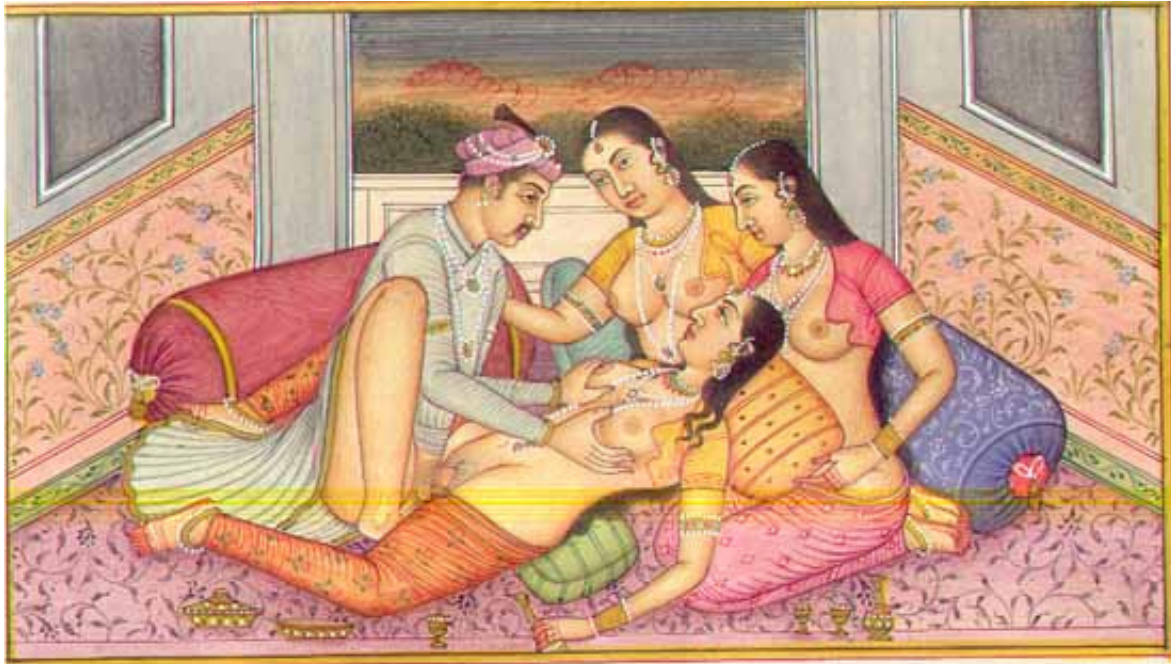
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INTRODUCTION



Everyone knows the word kamasutra, but few really know what it is and how it is implemented. The general notion is that it is 'hard' sexual positions, while in truth this belief is reductive. First of all, the Kama Sutra is a book, an Indian tome in which sexual intercourse is explored in detail: in 36 chapters 7 themes are explored. Some of them are a bit 'out of time', in fact, they deal with how to 'acquire a wife' and what her behavior should be, others are more spicy, for example sexual union deepened from the point of view of foreplay, orgasm, positions, threesomes. This ancient book, dating back to an era between the 1st and 6th centuries, then contains the well-known 64 sexual positions, which, contrary to what is believed, occupy a minimal portion of the treatise.

Vatsyayana, the author, had come to the conclusion that there are eight ways of having sex, each multiplied by eight positions. And here is the interesting part. The positions of the kamasutra first of all start from the assumption

that pleasure is not a sin, a concept very different from the influenced tradition of Western religions, and have helped people to enjoy sex for generations and generations. They are often less acrobatic than people think, in fact they contemplate the classics, such as the position of the missionary, the doggy style, the spoon, for those who do not yet feel like experimenting, maybe at the beginning of a relationship.

Many positions take their name from the animal world, there is for example the frog (woman on top of the man, with legs backwards as when amphibians swim), the wolf - both standing, the man penetrates the woman from behind while she is bent forward forming with the body an angle of at least 45 degrees, maybe leaning on the bed, a position that allows her to squeeze her legs until she feels the indirect stimulus on the clitoris. There are face-to-face positions, from behind, in which he is active and in which she is active, standing or sitting positions. Oral sex then has a separate chapter, and lists the classics like '69' but also acrobatic variations like the one with the man doing the vertical upside down, called 'the tree of sin'.

There is no lack of positions for sex during pregnancy, which if practiced safely and satisfactorily does not create any danger to either woman or child. Even the positions are divided according to the progress of pregnancy and therefore belly growth, and there are also a couple that should help to get pregnant.

But do we want to talk about real acrobatics? Let's take for example the monkey's union: the man is supine with his legs gathered so that the penis in erection sprouts between the thighs, the woman sits on it giving him her back, naturally without weighing him down but resting her knees. You know those desk chairs where the knees are resting and there is no backrest? Here, instead of the chair, imagine you have your partner squatting on his stomach. If contortions are your daily bread, or rather if his sexual organ is particularly elastic, try the reverse alignment: the woman lies on top of the man on her stomach but with her head at the height of her feet and vice versa, so that the genitals match. Penetration in this position

can be a bit complicated, try maybe starting from the classic 'amazon' and then go down slowly with your back until you lie down completely.

Of course to perform the most reckless positions requires a good dose of confidence and intimacy, and above all the awareness that not all of us are made in the same way and what one person may like can cause pain to another. But a couple's relationship in which the sex life is always exciting and fun can use the 64 positions of the kamasutra with sweetness and irony.

The History

Legend has it that the Kamasutra was invented by the Indian god Shiva who fell in love with the female projection of himself, after discovering with her the pleasure and joy of sexuality. This experience was so totalizing that he decided to immortalize his sexual practices, dictating them to the servant Nadin.

Over the centuries, the text (aimed exclusively at the rich since the poor could not read) was then revised and expanded by many, until the final version edited by Mallnaga Vatsayayana.

In its final version, edited by Mallnaga Vatsayayana around the third century AD, the Kamasutra is composed of 7 books that aim to explain how to achieve human harmony through the relationship. In the West, the first complete translation of the Kamasutra dates back to 1883, a period of full British domination in India, and was by the English Richard Francis Burton. Unlike the Tantras, the Kamasutra is not a sacred text and its reading does not require the guidance of a guru. In the text itself there is no reference to tantrism, with which it is often confused. The primary purpose of the Kamasutra is to teach men and women how to behave in front of sexual desire to ensure a happy love life.

Principles and Intentions Of The Kamasutra

According to the author, there are four goals that every man must have in life: well-being, pleasure, ethical sense and liberation from the material world. Of the four, the most profound and best known is certainly the one that deals with pleasure, which, according to Mallnaga Vatsayayana, can be achieved in 64 different ways, called the arts.

In particular, there are eight different ways of making love that are divided into eight positions for a total of 64. Each position in the book is explicitly illustrated through pictures and is defined with the name of an animal.

The most famous positions of the Kamasutra

The part of the book dedicated to sexual positions begins with the topic of kissing, and then explores topics such as foreplay, orgasm, oral sex and even threesomes, since in Indian culture sex is a form of divine union that has nothing to do with the idea of a sinful act that has spread elsewhere.

Among all the positions illustrated for making love, some are proposed as a remedy against premature ejaculation, others as more stimulating for women, especially when they are in the presence of anorgasmia.

There are positions, then, that increase intimacy and complicity between partners, and others designed to amplify feelings during intercourse.

But what are the most famous positions taken from this compendium?

Surely that of 69 is one of the best known positions of the Kamasutra and focuses on the ability to give pleasure to the other by limiting itself to oral stimulation. This position, which in the book is called "Congress of the Raven", allows the partners to stimulate each other at the same time because of the characteristic basic posture they assume.

Another particularly well known position is that of the Amazon in which the woman takes control of the situation and hoists herself on her partner, deciding the depth of penetration and the rhythm of intercourse. He will have only one task: to maintain the erection until the satisfaction of the partner and massage her breast to accentuate the enjoyment.

Finally, another one of the most famous positions of the kamasutra is that of the wheelbarrow. In this case, the woman is leaning on the arms and on one knee, while the man, on his knees, holds the partner by the pelvis and penetrates her from behind rhythmic movement.

CHAPTER 2: FLIRTING TECHNIQUES IN KAMASUTRA



The Art of Kissing in Kama Sutra

Great sex isn't all about the act of penetration; the build-up is actually important, too! One of the greatest Methods to Build Passion Before the 'main Event' Is actually sensual kissing, And this Section Gives you A tiny Number of The countless Ways the kamasutra Suggests You enjoy your partner's Lips.

The BENT KISS PASSION:

This's when each partner bends the head of theirs to the side and moves in for the kiss. It's frequently depicted with the passive partner leaning

backward, while the active partner leans over them, holding them close. A 'classic' kiss, often seen at the romantic climax of films, these are well-liked by couples and also can build great passion.

THE TURNED KISS PASSION:

DRAMA: Like the bent kiss, this one can also be a classic. When the active partner takes the passive partner's chin in hand and turns their partner's face towards them for a kiss, this's the turned kiss. The active partner takes the lead, which adds a touch of passion to the moment. The other partner could have turned out to be playful or coy, and this kiss is a better way of saying: time for the following game.

THE KISS THAT KINDLES LOVE EFFORT:

This one is a kiss for the partners. When your partner is sleeping, and you think that need for the building, using a slow, seductive kiss to wake them, ready for gentle lovemaking, is known as the kiss that kindles love. Starting carefully, this kiss is able to become something even more enthusiastic as your partner awakens to the world, as well as to you.

THE KISS THAT TURNS AWAY COMPASSION:

Stress LEVEL: This kiss is usually to assist your partner in forgetting about the worries of theirs, and bring their attention to you, and your relationship. When they're concerned about work, distracted, or perhaps maybe even arguing, a gentle kiss that gradually becomes much more intense will help move their focus towards you.

THE DEMONSTRATIVE KISS SUGGESTIVENESS:

This kiss is a kiss either in public or private; this is to show the desire for your partner. Certainly, this kind of kiss does not even need to include both partners directly. These kisses are a visible way to say 'I want you,' sometimes within a packed room. One partner could, for instance, kiss their finger whilst looking another in the eyes. When alone, kissing your partner softly on their thigh is a great illustration of the demonstrative kiss.

Erotic Exercises: Try The Kamafitness!

BUT HOW DO YOU TRAIN WITH KAMAFITNESS?

As mentioned above, there are over 60 positions - all different from each other - that can be experienced together with your partner. Do you already have an idea of what they might be? We will explain some of them to you!

LEGS AND BUTTOCKS DETACHMENTS

A first exercise to work simultaneously on pleasure and toning of the lower limbs are the detachments.

To perform this movement correctly, both partners must be standing. The woman must have her back to the man while the man holds his hands on her hips. Grasping the weights or the barbell, the woman must bend forward, descending until she touches the floor, and then slowly climb back up while he is behind her.

The back should always be straight throughout the exercise in order to adequately protect the lumbar area.

OBLIQUE ABDOMINALS... ON SWISS BALL!

A proper workout involves the use of additional tools that can help to intensify the exercise. One of these is swissball.

The woman starts in a semi-lying position on a fitball, with the back fully adherent to the tool, shoulders and neck relaxed and legs spread and bent forming a 90° angle. From here, she must start working the oblique abs by pulling both shoulders away from the fitball. At this point, the right (or left) shoulder should rotate towards the opposite shoulder.

After the rotation, the woman must return - inhaling - to the starting position and repeat the operation on the other side. The man, on the other hand, should position himself between the legs of his partner and perform cunnilingus throughout the exercise.

PUSH-UP BRA FOR ARMS AND CHEST

Another exercise included in the KamaFitness guide is the push-up bra. You start by lying down, with the man with his back resting on the floor (or bed) and the woman positioned immediately above.

The toes of the feet must be placed on the floor, while the hands must be placed slightly wider than the shoulders. At this point, the woman should flex her arms until she touches her partner and then climb up again.

SQUAT

Among the 60 positions could not miss the squat, the main exercise for the toning of legs and buttocks.

What is the guide for this exercise? As usual, the starting position of her is standing, with the legs spread out to shoulder width, toes outwards, abdomen well contracted (for adequate protection of the lumbar area) and shoulders wide and straight.

Inhaling, the woman should descend bending her knees until she is completely lowered and brings her thighs to a position parallel to the floor. While the woman performs squatting, the man should be lying on his back, bending his knees and placing his feet on the floor.

From here he has to lift his head and shoulders towards his knees exhaling and contracting the abdomen, while the woman is bent in squat position on her pubis, and then descend with his shoulders when she goes up.

BRIDGE

Are you ready to experience this exercise in a different version? Let's start with the explanation!

To perform the bridge, you need to position yourself supine, with bent knees and feet firmly on the ground. Her hands should be positioned with her palms on either side of her face. The toes should be raised and - using the heels as a lever - she should raise her pelvis upwards. At the same time, he must also lift his shoulders to reach the final position.

Once reached, the woman must hold the position for about 5 seconds. In the meantime, the man has to sit at the woman's feet, with his knees resting on the ground and he has to perform gentle caresses on her pubis or - if he prefers - cunnilingus.

DIPS FOR TRICEPS

To perform the dips for toning up the triceps it is necessary that the woman positions herself with the palms of the hands in the direction of the back, resting on the partner's knees at a width equal to the shoulders. The heels must be firmly on the floor, while the legs must be kept taut.

From here, the woman breathes in and continues bending her arms and descending as far down as possible, controlling the movement until they are fully extended.

FINAL STRETCHING

With KamaFitness you can make even the final stretching spicy! How? While she is lying on the floor, the man has to kneel down in front of her. At this point, he should lift both legs, until they form a 90° angle with her torso and until she feels a slight tension on the back of her thighs, touching the pubis and continuing with caresses and effusions for about 30 seconds. Obviously all the exercises proposed can be repeated even in inverted positions!

Oral Pleasure: How To Practice It

Oral sex is actually, for most, a vital part of sexual union. It can be a part of the build-up, or perhaps can for the main event. The ancient Kamasutra didn't put much stock in oral sex, viewing it as the work of eunuchs or perhaps concubines, but the world has moved on since that time, and lots of reimagining of the Kamasutra have moved their focus to the intimate pleasure oral sex can provide. Several of the most effective positions for pleasuring each other orally actually are given in this section.

SOLO FELLATIO EROTICISM:

If your partner is male, there may be times when you simply want to please them and enjoy the process. Based on the Kamasutra, the act of fellatio should be performed in a few stages, gradually progressing: starting with a mild touch of the lips, and moving on to kissing, pressing and stroking your body against your partner's intimate zone before going in for full oral penetration. An easy approach should be used, making it much more intense in case both you and your partner wish to. Do not take their penis into the mouth at the same time alternate some long strokes of the tongue of yours up the shaft of the penis before taking him fully into the exhilarating heat of your mouth. Give consideration to the opening of the urethra, run your tongue around where the top meets the shaft, and do not forget about the balls, experiment with licking, or perhaps lightly sucking and find out whether she gets a perfect response.

SOLO CUNNILINGUS EROTICISM:

INTIMACY: Just as with solo fellatio, in case your partner is female, there may be times when you only want to give them pleasure, and love doing it. Based on the Kamasutra, the way of kissing a female's yoni (vagina) should be known, through having kissed the mouth. This's a great spot to start from, but certainly not the entire story! As with fellatio, begin gently, with kisses and caresses. Use the mouth to check out the whole of the intimate area of her, not merely the clitoris. Some females enjoy penetration with the tongue, also. Try different levels of pressure with your lips and tongue, and discover what your partner enjoys.

Calories Decrease, Pleasure Increases!

The benefits of KamaFitness on body and mind go beyond simple toning. But we are here to find out how KamaFitness erotic exercises help you lose weight and stay fit while having fun, so here are some estimates of the kcal consumed for some of the most common activities.

Let's see them in detail:

- Take off your clothes: the consumption of this operation is around 12 calories;
- cuddles, kisses and caresses for about 20 minutes consume about 107 calories for him (equal to 300 ml of beer) and about 87 for her;
- positions: 10 minutes position of the missionary corresponds to 250 calories (like an ice cream cone);
- 10 minutes of intimacy lying down where the partner sits on top, involves the loss of about 300 calories for the woman while for the man the latter fall to 130;
- 10 minutes of standing intimacy then burn about 600 calories for both of them, almost the equivalent of a pizza daisy;
- orgasm: it's the time when there is a greater aerobic activity and therefore also the consumption of calories can reach 122 calories.

Well, at this point you just have to kidnap your partner or companion and run into the room to do these erotic exercises starting with a bit of bedroom gym!

Different Categories Of Positions To Achieve Pleasure

Danger of accidental kneeing-in-the-face: Once you have mastered the solo basics, the natural progression is usually to have oral sex together. The most often known way to accomplish this's the classic' 69', named for the form the two lovers make when they're in this position. In the Kamasutra, this's

described as ' congress of a crow.' For a 69, one partner lies on the back of theirs, with another on top, so the bottom partner's head is consistent with their partner's intimate region, and the other way round. It is only a question of utilizing the skills you have practiced in solo oral sex. For many people, the 69 sex position and its related positions are a good way to have full body intimacy with a partner and could result in simultaneous orgasm.

EXERTION

Like the traditional, this's a 69 position, but instead of being one on top, each partner is able to lie on the side of theirs in a more comfortable position, with their face nuzzled between their partner's legs. This's ideal for slow, lazy sex whenever you want maximum enjoyment with minimum effort.

DOGGY STYLE STIMULATION:

Although much more commonly known as a penetrative sex position, the doggy style position can be put to use that is great for oral sex. One partner goes on to all fours, and additional kneels behind them, giving pleasure that way (either anally or vaginally for a female partner, anally for a male). If that is not what you actually want, then the partner should be able to lie with their head below the receiving partner's intimate region and can tease and please from below.

THE LAP OF LUXURY DIFFICULTY:

Pleasure: This's pure laziness for the partner receiving oral pleasure. With a favorite chair or the sofa, the passive partner sits back nicely, while the active partner kneels in front of them, and pleasures them. The passive partner is able to make use of their hands to guide the giver, talk to them, telling them what they would like, or perhaps they can simply take it easy, loosen up and enjoy the ride.

THE FACE SIT PLAYFULNESS:

In this position, the receiver becomes the active partner. The giver lies on the bed (or floor, sofa) with their head supported by pillows. The receiving partner then kneels over the giver's face and gently lowers themselves down until the giver is able to provide oral pleasure. The giver is able to support the receiver by holding their bottom or hips, and the receiver is able to lean

the hands on the wall or perhaps bed frame for added support if needed. This position is perfect for teasing, particularly if the giver truly enjoys the part they play - the receiver is able to move just out of reach, making the giver wanting more, and heightening the sense of play.

SUPINE POSITIONS

Below, We'll Look at Several of THE Exciting POSITIONS THE KAMA SUTRA Recommends FOR COUPLES Lying Down, In addition to Some More Modern Takes on THE Ancient TEACHINGS. These're ALL Quite simple Positions, but they Offer Amazing INTIMACY And Pleasure.

BANDOLEER FLEXIBILITY

This position enables deep penetration whilst being sup- and comfortable ported. It's perfect for slow, lazy fun. Start with the passive partner on their back, with their head supported by a comfy pillow. The active partner should kneel in front of them, in close proximity enough for the lucky passive person to rest the feet on their partner's chest. The passive partner is able to rest their bottom and thighs on the actives thighs and lap, or perhaps, if this's not comfortable, they are able to be supported by fluffy pillows under the little of the back of theirs. The active partner can then slowly enter, slowly building too much deeper, harder penetration. For a passive partner feeling dextrous, the additional pleasure can be given with physical stimulation.

THE GLOWING TRIANGLE FLEXIBILITY:

PLEASURE: This position is based, about, on the missionary position, where passive partner lies on the back, and the active one climbs on top and does all of the ' work.' In this version, nonetheless, things are a bit of a difference. The partner on their back is, in fact, the more productive one. The active partner lies on the back theirs, with their hips tilted upwards, ready for penetration. They may be supported by a pillow if this's much more comfortable. The passive partner then gets on to all fours and enters the partner, who then, holding on to the passive partner's back or perhaps shoulders for support, uses the action of the hips of theirs, forth and back, to achieve deeper penetration (doing all of the ' work!').

NIRVANA SENSUALITY:

This position is most effective with a passive female partner, as it allows for extra clitoral stimulation, which often can make orgasm more and faster rigorous. The passive partner lies on their back, with their hands raised up, holding on to the headboard or perhaps bedposts. They keep their legs closed. The active partner then climbs on top, their legs spread, and penetrates their partner. The passive partner pressed together thighs heighten the penetrative sensation, in addition to giving additional clitoral stimulation to a female partner.

THE SPLITTING BAMBOO FLEXIBILITY:

SATISFACTION: Do not let the word 'splitting' put you off this one! It's an easy-to-do position, and excellent for slow, lazy sex. In order to split the bamboo, the passive partner lies on their back, with a single leg slightly bent. The active partner straddles this leg, and then the passive partner lifts their other leg and drapes it over the active partner's shoulder so that their legs form a scissor-like shape. A slow, sliding rhythm is able to be built, and the passive partner can reach down as well as help things along with some manual stimulation.

THE CURLED ANGEL FLEXIBILITY:

If you have previously heard the phrase ' spooning leads to forking', this position is proof. The partner who'll be penetrated curls up, and the penetrating partner curls behind them, spooning them. Penetration from this angle is easy and soft - perfect for a lazy Sunday morning - as well as the active partner is able to reach round to please the passive partner with their hand, also. This position is frequently favored by women that are pregnant, as it's milder and stays away from squashing the baby bump.

THE CLIP SEXINESS:

In this simple and easy position, it's the partner being penetrated who's most active. The passive partner lies on their back, legs closed. The active partner then straddles them, allowing for penetration, and leans back, making use of their hands for support. When in position, the active partner uses a sliding movement to build a rhythm, while the passive partner is able to reach out

to stroke their skin, or perhaps offer them additional pleasure using their hand.

SEATED POSITIONS

An all-natural Progression from the Easier SUPINE Positions SEATED Positions Can Provide you with the opportunity to have greater contact with your partner, deeper penetration, and an innovative Experience Of each Other.

THE ROCKING HORSE INTIMACY: SUPPLENESS

In this position, the individual being penetrated is the active partner. The passive partner sits cross-legged, perhaps supported by cushions. They could also work with their hands for additional support. The active partner then kneels over the passive partner's lap, lowering themselves down until penetration can be attained. They are able to keep their partner for support as they make use of a swaying or bouncing motion to create penetration and speed. This is a wonderful place for romance, as you are able to gaze into your partner's eyes throughout.

CATHERINE WHEEL FLEXIBILITY

In the Catherine wheel, both partners are seated. Begin facing one another, lean back, and shift your bodies towards one another until penetration is possible. Each partner then wraps their legs around additional, entwining themselves, and leans back, resting their hands on the bed or perhaps floor for added support. A gentle rubbing or perhaps grinding motion can be utilized, to begin with, gradually building energy to climax.

CROUCHING TIGER DIFFICULTY

AGILITY: This position takes its name from the crouching position of the passive partner. The active partner lies on their back at the edge of the bed, with their legs on the floor. The passive partner then squats over the active partner to achieve penetration. Both the movements of the passive and active partners are able to build momentum in this position based on who wants more control. The active partner is able to keep their partner's bottom in case they want more control over movement. During this particular position, the passive partner's hands are free to give additional pleasure to their partner, or perhaps themselves.

THE FROG SEXINESS:

This position is fairly like the crouching tiger, in that the passive partner squats over the other. In this, nonetheless, both partners are sitting instead of lying down. This provides for a much better sense of closeness and intimacy, letting the passive partner feels held and secure. The active partner sits at the edge of the bed, leaving room for the passive partner to squat over them. The passive partner lowers themselves down to their partner, making use of their hands to balance, such as a frog. Once in this position, the passive partner's bouncing movement or perhaps the active partner's thrusting can control the rhythm.

KNEELING CONGRESS STAMINA:

Otherwise known as 'the kneel,' this is a wonderful place for romance, as you face one another, therefore can consider each other's eyes. Also, you get full body contact, which enables a much better degree of romance and intimacy, in addition to heightening sensitivity as various aspects of your body brush and press together. To achieve kneeling bliss, the active partner

keeps their legs together, while the passive partner straddles them, allowing for penetration. The passive partner can then wrap their arms around the active partner's neck, and move in for a kiss, while the active partner develops a slow, gentle rhythm.

FIVE STANDING POSITIONS

Perhaps More Adventurous, Especially As they are usually More Energetic And Could Be performed Outside the Bedroom, Here WE Look at Several of THE Standing Positions Which have been Inspired By the KAMA SUTRA. Though Some actually are Supported, These can Require Lots of Strength And Stamina!

THE PADLOCK COMFORT:

RAUNCHINESS: In this position, the active partner is standing while the passive partner sits on top of a piece of furniture, like a table or perhaps kitchen counters, supported by their arms. The active partner stands in front, and the passive partner wraps their legs around them, pulling them in close for deep penetration. The active partner could lean on the surface area for balance, and get hold of their partner's bottom to control the pace and depth of penetration.

THE ASCENT TO DESIRE EASES:

Workout LEVEL: This could be viewed as the 'classic' standing position, and requires one partner to be good, with plenty of stamina. The active partner stands with their knees slightly bent, ensuring they're firmly balanced. The active partner then lifts the passive partner up. The passive partner wraps their legs around the active partner's hips for penetration and wraps their arms around their partner's shoulders for stability and closeness. If it can help, the passive partner is able to balance their feet on the edge of the bed or perhaps back of the sofa to take several of their own weight. The downward action of the passive partner's weight can make this a position for very serious penetration, along with being a damn good workout!

THE PLOUGH FLEXIBILITY:

CARNALITY: Though not strictly an upright position, this involves one partner in order to stand, and also to have lots of stamina. To achieve the

plow position, the passive partner lies at the conclusion of the bed, legs over the edge. The active partner then lifts the passive partner's legs and holds them, either side of their hips, whilst moving in for penetration. The passive partner needs to support themselves on their elbows while the active partner holds them up and controls things from behind - the active partner is completely in control in this position.

THE LUSTFUL LEG STRENGTH:

Versatility: This's a bit more daring compared to the ascent or the padlock to desire and calls for even more strength, balance, and flexibility, but the end result may be wonderful, especially in case you enjoy greater penetration. Start facing one another. The passive partner should rest one leg on the bed, or perhaps another surface, then the active partner can bend down and lift up the leg on to their shoulder. The passive partner wraps their arms around their partner's neck and allows themselves to be pulled in for penetration. The active partner holds on in order to their partner's bottom for added help as well as to manage their thrusts.

THE CHALLENGE AGILITY

This aptly named position is trickier compared to your average standing position, and calls for a lot of leg strength and balance from the passive partner. You will also need an excellent, sturdy chair, or perhaps something similar. The passive partner stands on the chair, then bends into a sitting position, elbows on knees. The active partner can then enter from behind, keeping hold of their partner's bottom or waist for extra control and balance.

EXTRA ADVENTUROUS

if you believe you have tried it all and got the t-shirt, try several of the more adventurous suggestions in this section. They're not for the fainthearted; they'll challenge your stamina and, in some cases, your balance!

THE EROTIC V CORE STRENGTH

This's a hard seated/standing position, which requires balance. The passive partner rests their bottom at the edge of a table or any other firm surface. The active partner stands in front of them and lets their partner rest a leg against each of their shoulders. The passive partner is able to wrap their

arms around the active partner's neck for additional support. In this position, the active partner enters - this can achieve very deep penetration.

THE APE LASCIVIOUSNESS

This's an advanced position, and also requires balance-, flexibility, stamina, and strength ance. For all, it demands, although, it is able to give intense pleasure as it allows for serious, controlled penetration. The passive partner lies on their back and pulls their knees up to their chest. A firm surface like the floor is better for this position, as it gives better support. The active partner then sits to allow penetration, resting their back on the passive partner's feet, and controls penetration by moving up and down. They could reach back and also hold their partner's wrists for additional support if needed.

THE BRIDGE SENSUALITY

This one truly is for the very strong and flexible only! For starters, the partner who'll be penetrating forms the bridge, by bending over backward. Next, the passive partner straddles them, lowering themselves down gently to achieve penetration. It's then the penetrated partner who becomes active, making use of the motion of their thighs and legs to control penetration. It's advised you do not stay in this position for too much time - you would not need to collapse with all that blood rushing to your head!

SUSPENDED SCISSORS DIFFICULTY

BALANCE SEXINESS: FUN: This's probably the most daring and probably the trickiest position we have included in this book! In the event that you actually would like to try something really athletic, this might be for you. The passive partner lies on the edge of the bed, with only their feet and calves still supported, with a single arm holding themselves up from the floor, while the active partner supports them at the waist. The active partner then straddles their partner's lower leg, helping hold the top leg, and penetrates the passive partner while they balance on edge. Although this may seem complex, in case you have the strength and stamina for it, the natural stimulation from the scissor position, together with the rush of blood to the passive partner's head, can lead to incredible orgasms.

CHAPTER 3: KAMASUTRA SEX POSITIONS FOR ADVANCED

If you decide to have the very best experiences during lovemaking that will provide you and your significant other happy, three things have to be considered. The endurance to keep going, stamina to keep the thrill at the peak of its, and flexibility to make every move smooth, this can certainly be available in handy. You have to try out a couple of yoga poses that are going to give you these capabilities and more.

Listed here are the top yoga poses to boost the sexual performance of yours.

The Upavistha Konasana (The wide-legged straddle pose) is a sitting pose for enhancing blood flow to the groin. It involves sitting with the feet flexed and spread out to probably the farthest you can be comfortable. Ensure the thigh muscles of yours are engaged, and go for either upright sitting position, or perhaps lean forward to intensify the exercise.

The Viparita Karani (Viparita Karani) is perfect for improving blood flow around the pelvic region. You lie on the back of yours, holding your legs straight in the air at a perpendicular angle to the body of yours as well as the floor. In case you want help for the legs, a wall can help keep them straight up.

The Shishuasana (Child's pose) is good for relaxing the mind as well as the body. It's a wonderful way of eliminating the very long day's stress so you can concentrate on what you're doing in bed. It often involves sitting on the heels of yours, at kneeling position, with your back arched gently. You might also lay your arms down on the floor, adjacent to the feet of yours.

The Setu Bandhasana (Bridge Pose) This is aimed at improving your pelvic muscle, giving you much better, more powerful orgasms. Lie on the back of yours on the floor, bend the knees of yours, gently lifting the butt of yours to position your thighs parallel to the floor. This may be done for 30 seconds to a minute.

Padmasana (Lotus pose) If you're searching for a more flexible hip and stronger thigh muscles, this is the best option. Sit on the floor and with your legs crossed. Position all of the feet of yours in addition to the opposite leg's thigh, which leads to a full stretch felt at the thigh muscle.

Halasana (Plow Pose) This pose is ideal for increasing blood flow to the brain for enhanced alertness and stimulation. Besides, it's wonderful for stretching out the back of yours, therefore reducing injury during sex. Start by lying on the floor, face-up, then bring your legs over the body of yours, keep them straight above you, as your feet touch the ground, just behind the head of yours.

Garudasana (Eagle Pose) This pose is great for increasing blood supply to your cervix, making it pleasurable and sensitive more during sex. Stand on one leg, after which wind another one around it. When the pose is released, blood is going to gush into the region.

Utkata Konasana (Goddess pose) this pose is a fantastic deal in case you would like to reduce menstruation pain. Start by sitting on the floor, after which draw your legs inwards until they're bent. Keeping a similar position, roll on your back to touch the ground.

Adho Mukha Svanasana (Downward pose) If you're into practicing yoga occasionally, this pose may be a very good way to get going. Start with both your knees and your hands on the floor, after which push your hips backward, making it possible for the legs of yours to straighten. Keep going until you're in a bridge-like position, with the butt of yours up in the air.

The Utthan Pristhasana (Lizard Pose), yet this is another excellent pose for much more flexible hips and pelvis. It starts as downward dogs pose; however, you must raise the right foot of yours until it's outside the right-hand wrist. Ensure your thigh is parallel to the floor. You are able to also decent to settle on the elbows of yours. You will find a great deal you are able to do with yoga poses to improve your performance during copulation. Go for the pose you love probably the most .

The Importance Of Execution

Did you think Kamasutra was only a dirty book on sex? Readers will be pleasantly surprised to know that sex is only a tiny part of the mechanical. Despite being written centuries before, Kamasutra is surprisingly broadminded and mainly deals with the art of living right. It contains passages related to female's liberation, sexual freedom, and education. Writers like Wendy Doniger and have explained why the Kamasutra was much more than merely a sex guide. Although it appears to be sexist in parts, it had also been a comprehensive compendium of pro-feminist thoughts and was far in front of its times. In case you have not read it yet, the following are four reasons every female needs to read the Kamasutra.

One Kamasutra wants females to be sexually empowered and knowledgeable. Bear in mind that Kamasutra was composed during the Vedic age. To this day, the notion of females exploring her sexuality independently continues to be really tough to understand for society. But Vatsyayana wanted females to educate themselves with the facts explained in the book before they hit the top of their youth. He insisted females should study the book before she's married so that she knows the way to handle her sex life and domestic life efficiently. Are you feeling romantic?

Kama Sutra Sex Positions For Women

When we talk of making the very best out of sex, positions start to be evitable. Effectively, this can't be outlined any much better than in Kamasutra, the earliest, however, essentially the most recognized sexual manual in the world. While you might probably receive one of them to be a wedding gift, or perhaps you already possess, its detailed content about lovemaking will awe you. Allow me to share several of the top five positions for personal and intense sexual experience for females.

1. Sammukha

This is mainly the standing position for both the male and female. The female stands against a wall in a leaning position while dealing with the

male. She should spread enough to allow enough access and penetration for the male. Though it might be rather of a challenge as you start out, this position does the trick in giving a female an exclusive experience during sex.

2. Tripadam

This business owner is perfect for having a quickie when time is not on their side. The woman and man stand face to face, with the female raising one leg and wrap ping it around the male's hips, which earns it one more name as the tripod. Although this fast and short sex position might not be suitable for deep penetration, it offers intense pleasure nonetheless. Even more effective if the Couple is almost equal in height, it's a case of unparalleled pleasure.

3. Pidotaka Concerning thinking of several of the effortless and easiest but operative Kamasutra sex positions, Pidotaka has come to mind. Here, the female lies on her back, lifting her legs close to the chest of her. The legs rest on the male's chest, while he enters her by lifting the hips of her a bit. This position makes her tighter in the orifice of her, thus increasing the pleasure for her.

4. Janukurpara This position may call for energy and stamina, but it's well worth trying anyway. The male can hold the female and holds onto the butt of her, keeping your elbows locked. The female holds on for the support of her as you hump her hard. This position might be demanding, but it's perfect for giving the female intense intimacy and pleasure.

5. Virsha, this could seem odd, but it's merely a synonym for reverse cowgirl position. In Varsha, the male lies down as the female takes charge on top of him. The female's back faces the male as she faces away and straddles him.

She's in control of the pace, giving her the liberty to move according to her own pleasure demand. In order to intensify the action, she is able to lean forward as well as hold the male's lower legs as she straddles even harder. This position may sound complex, but it is simple, and you are able to master it with practice.

Written around 400 BC in India, Kamasutra translates to "A treatise on pleasure." The manual features over 100 sex positions with images, it's sufficed for this long, because of its rich content. It's the greatest sex manual in human history, and also it seemingly has a very long way to go. Keep in mind. It just takes practice to master these moves as well as increase your lovemaking to a totally brand new level.

Best Pregnancy Sex Positions Demystified

There's no known way to magically catalyze the actual moment of sperm and ovule contact under natural context. However, a few myths passed down generation to another suggest a number of styles of intercourse positions.

Several of the myths would claim that some positions like the missionary position, (the partner of yours on) are a bit better placed as compared to others in getting you pregnant. The fact remains, though; there is not any evidence to back the opportunist theories up. Some even say that experts on the field just have not conducted any detailed research yet.

Deep inside the issue, Researchers, however, have placed cameras inside the body through human tissues and exhibit what goes on during sexual intercourse.

The two styles were largely focused on, the missionary male as well as the world acclaimed doggy style.

The missionary male is once the male thrusts in on top in a belly to belly format. The female may wrap the legs of her around the male's lock and waist the ankles of her. The doggy style demands that she stands on all fours as well as the male pounds her from behind while playing on a number of angles. Doggy style allows for deep end penetration through the uterus to near ceiling of the womb in case the male partner's' tool is of just lengths. The deep thrusts are basically said to truly be necessary during ejaculation such that the sperm are sprayed on the wombs' floor at close range. This particularly happens to be closest to the ovarian tubes in the cervix, where initial fertilization occurs.

This closeness translates to shorter distances taken by the sperm cell in meeting the ovaries released; thus, initial Contact is very quickly as in

comparison to other instances with lengthier depth to handle in the uterus.

Go much deeper, hit the jackpot Research study scans have confirmed that the tip of the penis touches the zones between vaginal walls and the cervix in both positions. The missionary position promises the penis must brush against the area at the front side of the cervix. The rear entry position, on the other hand, penetrates up to the areas at the back of the cervix. Both positions won't just result in deep penetration but also most climaxes edged feeling during lovemaking. Many positions have been recommended for baby-making sex positions. These include such positions as standing up, or perhaps female on top, and they can be equally as fit to depositing sperm close to the cervix. Truth is the more pleasurable and adventurous sex is between you and your partner, the greater the odds of hitting the proper spot for definite fertilization.

The 15 Most Powerful Kamasutra Sex Positions

Although based on philosophical text, Kamasutra continues to be linked with sex over two centuries of existence for some reason. One of them is the point which this manual is very explicit about sex and a small number of sex positions that may cause intimacy and fulfilling experience. Here are sixteen of the real and best Kama Sutra sex positions for each Couple.

1. **Ultphallaka (Blossoming)** this position involves a female lying with the head of her very low and the groin of her high er. The very best thing about this position is it's not only perfect for sexual pleasure but also helps in cases the penis and vagina size aren't matching. Below, a small vagina is able to open wider to have the ability to accommodate a larger member much more comfortably.

2. **Indranika (Queen of Heaven)** This place offers better placement in which a small vagina is able to accommodate a bigger penis. Here, the male wraps his thighs around the female and open the vagina of her with his hands. The name is connected to the wife of Indra, the King of Heaven, since she's the person who invented this position.

3. **Vijrimbhataka (Expanding)** this's still an additional method to help a small vagina accommodate a larger member. The Couple lies side by side, with the female lifting a single leg amid air for penetration.

4. **Veshitittaka (Envelopment)** This position has the opposite, in cases involving a small penis and a large vulva. It's largely about the female crossing the legs of her with a single over the others one during penetration. This makes her vagina tighter, making it pleasurable.

5. **Vadavaka (Mare)** This position is common among sex workers as well as consists of the vagina seizing the penis without involving movement. Like in the case of a stallion and a mare, the intercourse takes place in similar to a cowgirl style, without embracing or perhaps kissing.

6. **Venudaritaka (The Broken Flute)** whether you're working with a case of a mismatched vagina and penis, this's a tremendous position to try out. It calls for the female lying down and putting her on the male's shoulder. She keeps alternating the legs through copulation.

7. Shulachitaka (Impalement) This position is a lot more like the broken flute, just a little more rigorous. Here, the female places the foot of her on her partner's head, while stretching another one to allow for penetration. Like numerous other positions, this one requires practice to learn.

8. Padmasana (Lotus) in case do you think of a position that brings yoga and sex on board, and this is the one. This move involves placing yourselves in yoga lotus positions as well as pulling out an intimate action from that angle.

9. Paravrittaka (The spin) The spin has a connection with the female perching backward over her seated partner and spinning around 180 degrees with the penis still inside her.

10. Sthitarata (Standing) Here, both partners are in standing posture against a wall. For a much better experience, the female is able to lift her place and legs the feet of her on the male's hands while holding on for support as he humps her raw.

11. Avalambitaka (Hanging) This position is a lot more like the advanced standing one, but rather than the female based on the person to support her, she is able to put her legs on a wall and hold on the man for support.

12. Dhenuka (The cow) Dhenuka is the current doggy style, where a female is penetrated from behind. The manual says that a few are able to imitate other animals also.

13. The Peasant with India having been a class-divided society, associating sex with levels that are different, isn't a surprise. The peasant is the upcountry style, where the female sits on her partner's lap with the thighs of her open.

14. City dweller this's the city version, most alike the countryside, wherein, in this case, the female faces the partner with her legs wrapped around him.

15. The Pitcher, The Pitcher, is apparently a final version besides the peasant along with the city dweller. In this position, the female bends in 3 and taken from behind. You are able to call it a particular variant of the doggy style in case you wish.

16. Parshva Samputa (Lateral box) This position isn't crazy in detail, but it's nonetheless a good lovemaking style. Here, the Couple faces one another as they lie side by side in a lateral box. Making eye contact and making love. Positions in sex may vary in effect, mastery, and intensity, but getting the idea of what to can go quite a distance in attaining satisfactory sex. These moves might be available for couples that are into trying things that are new. Select the best position of yours and enjoy it.

The Advantages Of Kamasutra Sex Positions

1 Kamasutra promotes female's right to property.

It's such a refreshing change from thinking that women are property. In contrast with the very sexist Manusmriti, the Kamasutra was among the very first treatises to recognize that females have right over their property.

2. Kamasutra believes in giving females control over the household. The Manusmriti was written about a hundred CE and the Kamasutra around 300 BCE. But in contrast to the former, the latter was far liberal in its approach towards giving independence to females. It argued in favor of giving financial independence and also thought that females are able to run the household. The wife, according to Vatsyayana, should have total control over domestic affairs. Read the way you are able to use

3. If the husband cannot give sexual pleasure to wife, she is able to leave him, according to Vatsyayana. In the modern age, folks find it hard to imagine females as sexual beings, although not back when Kama Sutra was written and compiled. Vatsyayana recognized female's right to sexual pleasure and also gave women the freedom to walk out of the marriage if that was denied. He urged males to focus on female's pleasure before their own. Even widows were given the freedom to marry a person of their choice. A century ago, we were even now fighting for the rights of widows to remarry.

CHAPTER 4: MODERN KAMASUTRA-INSPIRED SEX POSITIONS



According to the Kamasutra, you will find sixty-four types of sexual acts one can try during lovemaking. They vary, of course, from being complex muscle movements to very soft, sexy postures. Have you ever wanted to test all of them, and wondered, at exactly the same time, if there's a person meant especially for you?

Technically speaking, sex is a weird, peculiar thing: we've two folks sitting in positions that appear to defy the gravitational laws, puffing and moving quickly while they're exchanging fluids. Sex can, in fact, become fatiguing and unpleasant as it equally is beneficial and satisfying.

The greater creative you're and the more you attempt to produce an enjoyable atmosphere in bed, the happier you are going to feel since you'll have the ability to communicate positive emotions to your partner. In case

you count among those with sex for pleasure, of course, if everything happens naturally and because of your body anatomy, healthy! But in case you or perhaps her have certain weight issues and also you can't really pay for to try any crazy stuff in bed, the following are several of your choices for various types of silhouettes...

The Plough Kamasutra Sex Position Basically, a simpler and much more pleasant version of the wheelbarrow, you lie tummy down on the bed with your top half rested on the bed and legs off the bed and straight out behind you. He's between your legs, supporting your lower half by your thighs. It will take practice but maybe worth every minute.

What is great about the plow position?

Of all the Kamasutra sex positions, the wheelbarrow could well be most exhausting. This answer is all of the fun without the pain. Plus, when you are tensing your pelvic muscles (which this active position requires), it tightens up your vagina, which gives the sensation of squeezing him tight from within. When you orgasm in this position, your muscles contract even tighter, which gives you a more intense sensation.

1 The Rider Kamasutra Sex Position

Just how do you do the rider position?

This's fundamentally the traditional female on top, but the primary key to its success is its flexibility. You have the possibility of switching between sitting upright, so he becomes much more of a view, or even he is lying down flat chest to chest with him for increased intimacy. Add a vibrating ring for him in case you would like something different.

What is great about the driver position?

Because you're ultimately in control and so can angle yourself just as you need it. Not all of us have our clitoris in an equivalent location, but this's one you are able to angle to where yours is for personal pleasure. It is good in case you are a performer as you are able to sit up and indulge your inner sex goddess, while all those with huge boobs that hurt when they jiggle up and down in this place is able to lie flat on their partner's chest for a little bit of relief.

2 . The Amazon Kamasutra Position

He lies on his back and pulls his knees up to his chest, so he is curled up in a ball. He then pushes his penis back between his legs, so it's underneath them. You squat over him and rock forwards and backward.

What is great about the amazon position?

This's a single that sounds bizarre but has to be tried to be believed. I would just dismiss it in sex guides until I tried it out myself. Of all the Kamasutra sex positions, this one makes you feel extremely potent and is probably the closest you will actually get to feel like a guy during sex without a strap on.

3 . The Frog Kamasutra Position

Just how do you complete a frog position?

It is quite simple and almost doggy, but rather than getting on your knees and hands, you put your arms down flat and rest the entire front part of your health on the bed with bum up in the air.

What is great about the frog position?

You've your hands free, so you are able to employ them to promote yourself. His hands can also be free for extra stimulation. Because you are not balancing your weight on your hands, you're much more power to remain in the position for much longer, and your hands are free to play with him and yourself throughout.

4 . The Hero Kamasutra Position

Just how do you do the hero position?

You lie on your back in the backward roll position, with your ankles by your ears, while he kneels and takes you whilst holding your legs back.

What is great about the hero position?

In terms of angle, this's ideal for G Spot stimulation, as his penis will rub right against your G spot. This's also suitable for light BDSM fans since your ankles are usually tied together or even to the bedpost or even held installed by him, which stays away from you getting cramp.

5 . The Curled Angel Kamasutra Position

The way to do you do the curled angel position?

This's one you most likely already do, also known as - Spooning or 'hangover sex.' But done right, can easily top the lot.

What is great about the curled angel position?

Having come across a good many Kamasutra sex positions in my time, this's still one of my favorites because, very simply, if done correctly, it offers total sexual equality. In missionary or perhaps doggy, a male usually tends to believe a little more control. With this, you work together, taking it in turns to lead, plus his hands are free to encourage him to play along with you while you are doing it really your orgasm is more easily.

6 The Star Kamasutra Position

Just how do you perform the star position?

You lie on your back, like the missionary position, but with a single leg bent as well as the other leg outstretched on the bed. He kneels between your legs, with a single leg bent as well as the other lying flat on the bed. He sits so that his one leg is beneath the bent leg of you and also the other leg bending around your flat outstretched leg, making a star shape.

What is great about the start position?

This's excellent for deep G Spot penetration. He is able to also touch your clitoris for extra stimulation. You are able to actually touch yummy clitoris

while he is free to play with your breasts. So you've all of your erotic zones covered.

- The Om position

Called Lotus or Padmasana in the original Kama Sutra text, this passionate position is a single that, according to Engle, is better done by grinding against your partner for clitoral stimulation, instead of bouncing up and down. If you are actually on top of your partner, you are able to lower yourself onto their penis or perhaps a dildo, or even if penetration's not your thing, you are able to rub up against them for outercourse.

Do It: Your partner sits cross-legged (yoga-/pretzel-style); you sit in their lap facing them. Wrap your legs around them and hug one another for support.

Sexual Positions To Stimulate The G-Spot

- G-Whiz

This's the right option in case both you and your partner are not particularly flexible since the move just requires that you are able to bend at the waist. And "if you've a height difference, you are able to place a few pillows underneath others, or else you are able to use a sex pillow," says Engle.

Do It: With your partner sitting on their knees, lie back with your legs resting on all of your partner's shoulders.

- Magic Mountain

While this scissoring type move lends itself to penetration, it is also a fantastic one for girl-on-girl sex, in which partners can manually stimulate one another with either a toy or perhaps their hands.

Do It: Your partner sits on the legs bent avvvvvv leaning back on their forearms and hands. You do the exact same after which inch toward them until you make contact.

- The Chairman

This's another sex position in which you might think bouncing is the proper move, again, but grinding is certainly the right way to go. The Chairman is an excellent starter move for deep penetration, having your partner kiss your shoulders as well as your neck, and also for nipple play, also.

Wanna take things up a notch? Bring in a sex toy and have your partner reach around you for manual stimulation.

Do It: Your partner sits on the leg edge of the bed, and you sit on him, facing away.

- Missionary

"Missionary is among the most underrated positions," says Engle. Sure, as "basic" as it's, it's a Kama Sutra sex position: "There are a lot of different variations," and it's v intimate (all that good eye contact = all the feels).

Try stacking pillows underneath your pelvis so that your partner on top can thrust in an upward diagonal direction, grinding against your clitoris.

Do It: Lie on your back while your partner lies facedown on top of you.

- The Pinball Wizard

This's a primo Kama Sutra move for deeper penetration, says Engle. Nevertheless, in case you cannot hold a bridge position, or perhaps your partner cannot support your lower body with their arms, perhaps move on to something else (because overexertion isn't sexy).

Do It: You will get into a partial bridge edge position (like a pinball machine), note that your weight resting on your shoulders. allow your partner enters you from a kneeling position.

- Reverse Cowgirl

This one's a bit more of a challenge, says Engle, after the natural curve of most penises or strap ons do not truly accommodate this position, but it is doable. (No wonder females have a tendency to hate on this sex position.) After you get your groove, it is a great time.

Pro tip: To up your range of motion when you are on top, Engle suggests putting a pillow under each knee.

Do It: Your partner should lies on their back; you straddle them, facing their feet.

- Stand and Deliver

When you are feeling really adventurous, try out the Stand and Deliver. It is a Kama Sutra approved the move that is great for shallow penetration as is. When you are searching for more intense penetration, you are able to get it down to your knees rather - an adaptation which, Engle says, is a good way to compensate for a height difference.

And in case you are the individual on the receiving end, and you are worried about falling when things get too sweaty, Engle says to lean on a chair or a table for support.

Do It: With both of you standing, you bend over at the waist; they enter you from behind.

- Ballet Dance

If balance starts to get hard while you, as well as your partner, are going at it in this sex position, do not get frustrated, says Engle. Instead, pivot. "Drop to your knees, and you are able to offer a person a blow job or perhaps cunnilingus, or perhaps vice versa." The essential thing is you gave it a go.

Do It: Standing on a single foot, face your partner, and wrap your other leg around their waist while they help support you.

- The Good Ex

This intimate position is simpler than it looks, says Engle. "It's a good chance to bring in something such as a wand vibrator" that you can use on yourself at the same time. And whoever is in the seated position, rocking forth and back, may also consider making use of a butt plug for added stimulation.

Do It: Sit on the bed facing one another with legs forward. Lift your partner's right leg over your left and lift your right leg over their left. Come together, so they are able to enter you. Today, both of you lie again, your legs forming an X. Slow, easy gyrations replace thrusting. Hello, intimacy!

Sexual Positions for Him

- Butterfly position

If you've an optimum weight, and your partner is quite voluptuous, she is going to stand on a side, while you raise her leg to the chest level or perhaps almost as her flexibility allows her to. Then carefully slide towards her and hold her leg while penetrating her. Additionally, you are able to stand in front of your partner, whose legs dangle over the edge of a bed or perhaps other platforms like a table; with your partner's legs lifted towards the ceiling and resting against you, this's often called the "butterfly position". It is able to additionally be accomplished as a kneeling position.

- Reversed Cowgirl position

If she's a perfect weight, and you're obese, sit on your back, while she can stand above you with her face which is oriented towards your legs. Bend your knees while she moves to stand on your knees. This position is known as the "reversed cowgirl".

- Spoon position If you're different in terms of height, the "spoon position" is the perfect one for you. You both need to sit on a side, with you being behind her. You are going to enjoy some rather cool moves as this position is very intimate, suitable, and pleasant to almost any body type.

- Janakurpara position

If both you and your partner have fit bodies, then Janakurpara's position is only for you. It takes both of you to have strong abs, and you may wind up burning many calories. Start by lifting her up and locking your elbows under her knees to find a much better grip. You can hold her butt with your hands, and let her keep you from your neck.

This position offers extra-deep penetration and ergo lots of pleasure. Additionally, it leads to a great deal of eye contact that adds to the experience. Janakurpara's position will be the reward for all of the challenging exercises you've completed in the gym to get the fit body.

- Tripadam position

This sex position is most effective when both the partners are of the same height, but it is also an excellent try when you're in a mood of a quickie, Tripadam position is able to prove to be impressive for you it is you, fast, and short do not need a bed for it.

In this position, you both stand facing one another. You lift one of her knees and you can place your hand under it. This position is known as Tripod or Tripadam and doesn't allow deep penetration.

Like all other standing positions, this position also promotes maximum blood flow to your erogenous zones and makes certain you've a great time.

- Pidotaka position

Pidotaka is a comfortable, laid back position and also may be performed by anyone, at any time of the day! Let her bend her place and knees on your

chest. Meanwhile, place your knees on either side of her buttocks, and lift her thighs a bit, and enter her.

This sex position guarantees pleasure as the vagina is narrowed when the legs are up. Additionally, you are able to convey humility, tenderness, and affection by letting her legs touch your feet and mouth.

Nevertheless, the most significant thing you, as well as your partner, will need to bear in mind is there are no rigid rules in bed; you need to give yourself to your partner and get her affection as you please, letting your imagination run wild. There's no similar feeling to that of giving and equally receiving pleasure from the person you love.

Foot Fetish Sex Positions

WHEN TALKING About sexy fetishes, it's nearly impossible to exhaust the list of indulgences that folks like. Foot fetish is among the many options available, so in case you've this fetish, you're not alone. Men usually love seeing beautiful female feet. The best part is you are able to actually help to make it more effectively with your partner, or perhaps make it ideal for them for that matter. If perhaps you're both into this particular fetish, whether you really love to suck, kiss, lick or simply play around with them, and then here's 3 top sex positions to achieve an exclusive experience together.

1. The toe grip

In this position, the female locks her toes and soles either on the bed or perhaps on a table, with both the left and right toes forming a small grip. The male now inserts his penis between her strokes and soles, which results in erotic experience from both visual and also sensual stimulation.

2. The wedge

This's one helpful position to work out your foot fetish in a sensual way. Here, the male kneels down, sitting on his heels. The female should lie in

front of him. The male then pulls her into his lap, with her hips resting on his thighs. Her legs ought to be on his shoulders by now. This way, you are able to penetrate her while playing with her legs. This position not only helps achieve deeper penetration but also provides an intense foot job, where the male is able to suck, lick, or kiss her feet.

3. The 69 position

In this position, the female lies on top of the male to offer him a blow job from atop. In return, the male satisfies his desire for her legs from the opposite end. The female ought to fold her legs so that her feet are near his mouth in which he is able to very easily access them and enjoy. This may be very easily done by bending her knees. Besides giving him a blowjob of his lifetime, the female also can play with his thighs to enhance the effects. On the opposite side, the male is able to make use of his free hands to give her a handjob or perhaps promote her clit to make her enjoy the moment too. This provides a mind-blowing combination of experience for males with a foot fetish. Many folks enjoy checking out the realm of sex and making the very best out of every opportunity they run into. This particular exploration is crucial for making things hotter in bed with every discovery. You are able to always explore erotic ways to enjoy your fetish and satisfy one another beyond the obvious boundaries of sexual intimacy.

Sex Positions for Oral Sex

This position is when one lover lies head to tail over additional, and each provides another simultaneous oral stimulation.

Oral stimulation in this position is going to work perfectly in case her mouth is big enough for his penis and in case he does not thrust in violently. Totally engorging his erect penis in her mouth, she caresses and presses his testicles, allowing her saliva to run over them smoothly.

She Pressing the cheeks of her buttocks apart, the male is going to caress the widely opened lips of her vulva with the point of his tongue at his pleasure, likewise titillating her anus with his tongue. He can also promote

her clitoris. If perhaps you're a couple who enjoy licking and probing the genitals with the tongue, then this could be a tremendously exciting route to simultaneous orgasm.

5. Penetrating the eye position

Lodging his member far more in the opening very tightly closed by her buttocks as well as - to underscore his dominance - smacking her on the bottom and rubbing it warm with a single hand, he takes hold of her clitoris with additional, his lover being not able to refuse his caresses. Note her movements of joy and pleasure actually accentuate the male's craving substantially so that the female needs to stop when she feels his lover is closed to ejaculatory orgasm.

Then the male still lodged in the female's bottom kneels down on your bed. The partner sits up so that she touches his chest with her breasts. With a single hand, he massages her clitoris and labia and may also masturbate her, in case he feels the movements of her pelvis are fierce enough. On the other hand, he massages her breasts, which have grown erectile from his exciting caresses, while his fingers invest her genitals.

6. Climbing the Tree position

This is among the rewarding and beautiful most positions in the Kama Sutra. The female standing alongside the male wraps her legs stretched pretty much high around him like she wants to climb a tree in a more distinctive way that she uses his penis as a good branch to keep her falling.

- The lovers face one another, and they could exchange all manner of caresses, kissing and pinching one another, their looks reciprocally registering their mounting lust.
- This position is great for increasing sexual energy along the backbone. The lovers are going to feel different kinds of orgasm based on the level at which they increase sexual energy.
- Penetration with Deep Backward Movement position.
- The lovers actually place themselves so that his member is aimed at her buttocks from the rear. When he inserts his penis into the female's vulva, he pulls her pelvis as much as the amount of his waist as well as at the exact same time forces her to incline the top portion of her body forwards.
- In order to maintain a much better balance so that he is able to convey to her his full vigor, she supports herself on her lover's ankles. The way in which the vagina is actually massaged by the penis and this penis is suckled by the vulva this gives the pair a deep sensation of yearning in this massage position.
- The male will have muscles that are strong at his legs and arms for maintaining this position provided is essential to get the non-ejaculatory orgasm.
- The female has an excellent command of the pleasure intensity in this position, and for that reason, she is able to assist the male by stopping the movement when she feels he attains the preorgastic level.

7. The Gazelle and also the Stallion Position

This position has a better and great advantage of triggering strong vaginal sensations for the female.

The top part of the vagina is excited a lot, indeed by the shaft and the glans of the penis introduced horizontally. In order to accentuate this particular massage more, the female allows for her head to fall back to the soil and, he still holding onto her lover's wrists and note her buttocks is still resting on his thighs, she takes up his penis, which keeps her balance, greedily for its entire length.

This position helps females to have a lot more control over pleasure because the sexual energy moves along the backbone to the head, generating an elevated type of orgasm.

The standing position of the male offers him much more control over the intensity of pleasure in order to stay away from the ejaculatory orgasm.

Great for Anal Sex Positions

1. the pivot position

During intercourse, the female, turns right around the male like a horizontal wheel around a vertical axis. Profiting from certain positions, the male caresses her and pinches her nipples. For her part, she is able to fondle the chest of the reclining male whose penis uses her as a pivot in blood and flesh. By squirming and raising herself a bit, she takes up only the length of his penis; she wants to believe in herself. "The pivot" position can help both women and men to enjoy a great mental concentration. That is the reason this position is suggested for males who have started to practice sexual continence.

2. SEESAWING Position

Sitting slightly in front of the male's thighs, she just takes in part of his penis, so that either of them can easily control the length inserted alternately. Kneeling she is able to stroke the male's legs; supporting himself on his arms and making short thrusts with his pelvis he comes to meet her halfway or perhaps acts as in case he was going to withdraw totally, living her almost totally to be able to penetrate her open vagina anew, and that is quite wet in this position. This provides her with an extremely pleasant massage upwards.

3. BUTTERING" position

Firmly planted in the rear opening, the male turns around like he's in a position to support his body on palms as well as on the tip of the toes. In this position, the male is able to make come-and-go movements in addition to circular ones. The female will not stay passive but is going to answer with smooth movements of the pelvis based on the ones produced by the male.

In the "buttering" position, the male procures for the female an extraordinary massage of her G spot so that not many females are able to resist as such stimulation without having a profound orgasm (of course, we're speaking about non-ejaculatory orgasm).

If the male feels he's get near the climax, he's to stop moving and focus his attention on the central location to be able to sublimate the sexual energy. This's available for the woman also.

4. The concealed door position

The male lies on the female. She encompasses his thighs, ready to take him as much as the hilt. He insinuates himself inside her deeply and gently anchored there he cuddles her, stroking her back, hips, breasts. In order to abandon herself to her lover's desires still much more, she draws up her spreads and legs them somewhat to have the ability to, therefore, proffer her vulva completely to the glans and penis shaft.

Still, in an equivalent position, the male lover may also amuse himself with the anal opening of his lover in case he is aware she loves anal penetrations. Here the female is able to relax in the very best way as well as the male has complete control over the penetration of his penis into the hot and constricted opening, which she offers him with trust and love. He holds her by her hips, and try to bite her neck stlighly, and have his hands should run over her breasts while thrusting ever deeper. In both cases, the male's desire is done and of a long duration.

This position is the right to raise the sexual energy and sublimation it in love that is pure. To achieve this elevated emotion - love that is pure, during this place the lovers haven't to concentrate to the genital pleasure, but they've to concentrate their attention to the heart area and be cognizant of

the flying feeling that this position actually produces. If the lovers later abandon them to the flying feeling, they think they're immersed in an ocean of love that is pure.

5.

The caress of the bud position

Lying on the stomach, legs interlaced the male and the female turn with their backs to one another. Nevertheless, the specific effect of this position might be somewhat painful for a few males, whose thick and short penis are only able to be flexed with difficulty. In the continuation of the position, the female, who maintains her balance with a single-arm now facing her lover and who's supported on the male's body, is titillated at the entrance to her vagina by the glans. Obviously, this's only foreplay to deeper coitus. The male can insert his erect penis into the vagina by turning gently to one side. The vagina is now ready to get it in its totality.

This position is the right for those lovers that are beginners in the art of sexual energy control. "The caress of the bud" position offers the lovers the chance to be a lot more cognizant about the intensity of enjoyment and to minimize it by stopping the movement when they believe they're get near the climax.

For sublimation, the sexual energy they've to concentrate their focus in the midst of the forehead. This can induce a clear-minded state in both lovers, that will enable them in order to control the sexual power as well as to sublimate it is much more elevated energies.

6. Penetration with Deep Backward Movement position.

The lovers place themselves to a position, so that his penis is aimed at her buttocks from the rear. When he inserts his penis into the female's vulva, he pulls her pelvis as much as the amount of his waist as well as at the exact same time forces her to incline the top portion of her body forwards. In order to maintain a much better balance so that he is able to convey to her his full vigor, she supports herself on her lover's ankles. The way in which the vagina is massaged by the penis and when penis is suckled by the vulva it gives the pair a deep sensation of yearning in this position.

the Penetration with deep backward movement position helps both lovers to raise the sexual energy along the spine till the best head. The standing up position of the male makes him able to have a lot more control over energy that is sexual. The female's position determines the flowing of her erotic energy on the top head, and that is exactly why she is going to experience many types of elevated orgasm. This position requires the male to have enough pressure in his arms to keep the female's position as long as you possibly can.

7. The Seesaw Position

The lovers face each other. Then the male lifts the female up to the amount of his waist. She is able to often hold him by his arms or perhaps around his neck. Penetrated by the whole length of the penis, she allows her narrow vagina to slide along the erect shaft. The male is able to press her very closely to himself, an embrace she is able to simplify for him by squeezing her legs tightly around his waist.

In this particular place, the penis massages the whole vagina, with the help of power of her arms, the female is able to make good going and coming movements in tune with those of her lover. In this way, both women and men will feel deep pleasure.

Both lovers have to really guide the sexual energy along the spine towards the crown to be able to stay away from the male's ejaculatory orgasm as well as the female's discharging orgasm. This will produce a sublimation of the simple energy in pure love and happiness.

THE CLOSED AND THE OPENED RING" POSITION

Here we've two positions of complete submission, where female gets the male and then the degree his likeness. He penetrates her smoothly according to his rhythm, amusing himself by inserting and withdrawing his penis sometimes carefully and sometimes forcefully.

A seasoned female in the art of lovemaking is going to utilize this place in order to swing softly and carefully on her lover's thighs with her very own thighs and to give her vagina, that is being bombarded really from below.

The closed and the opened ring sex position allow the male to be a lot more cognizant about the intensity of enjoyment and to minimize it by stopping the movements as he feels he's get near the climax. For sublimation, their sexual energy are both lovers have to concentrate their focus in the midst of the forehead. This can induce a clear-minded state in both lovers, that will enable them in order to control the sexual power as well as to sublimate it is much more elevated energies.

1. THE Ripe MANGO PLUM" position

The male plunges into her with great sensitivity to start revolving movements somewhat more forcefully with his penis, and that is pretty interesting for both lovers. To penetrate more deeply, he sits up over his lover, spreads her inserts and legs his penis into the swollen mango plum it is well supplied with blood by the adroit massage. This sexual posture is an extremely arousing one for both lovers.

The raised position of the female's pelvis allows the sexual energy to "flow" towards the thyroid gland area. This may induce in females an extremely elevated type of orgasm.

The male needs to stop his movements as he feels he or perhaps she's get near the climax in order to stay away from his ejaculatory orgasm or perhaps her discharging of orgasm.

The ripe mango plum this sex position allows the sublimation of the sexual energy in ingenuity and purity.

2. THE Door AJAR" position

The male can hold his lover by the hips, after which he takes among his lover's legs and draws it back gently. In order to not lose any of the penis' length, the female, pivoting slightly to the side, reaches around her lover's neck. Well lubricated from other positions, the vulva is now moistened, enabling the penis to slide easily, massaging the sides of the vagina.

Both lovers have to concentrate their focus in the midst of the forehead to be able to stay away from the male's ejaculatory orgasm as well as the female's intense orgasm. In this particular way, they are going to become much more aware of the sexual energy.

3. The variant of the buttering position

Firmly planted in the vaginal opening, the male leans over on one side. He leans either on the knee that is left and left palm or on the right palm and right knee. The male's position offers him the potential for making come-and-go movements and circular ones. The female will not stay passive but is going to answer with smooth movements of the pelvis based on the ones of the male.

In this particular position, the male procures for the female an extraordinary massage of her G spot, so that not many females are able to resist as such stimulation without having a profound orgasm (of course we're discussing orgasms without losing of the sexual energy).

The male is able to insert and withdraw his member as he sees fit, slapping her buttocks and thighs gently.

If the male feels he's get near the ejaculatory orgasm, he's to stop moving and focus his attention in the central location to be able to sublimate the sexual energy. This's available for the woman also.

4 . The variant of the seesaw position

This's a very tricky position so far as execution goes, but very profound for feelings. The lovers face each other. The male lifts the female up to the amount of his waist. She is able to often hold him by his arms or perhaps around his neck. Still, with her thighs and legs at the amount of her lover's waist, the female lets down the top of the portion of her body till her head touches the bed. Then she later lets down one of her legs, and with male's help, she introduces it between his legs. The supple females practice this position properly.

Penetrated by the whole length of the penis, she allows her narrow vagina to slide along the erect shaft. The male is able to press her very closely to himself. In this particular place, the penis massages the entire of the vagina. This is helped by the power of his arms, the male is able to do good going and coming movements.

The standing position of the male gives him much more control over the sexual energy.

Both lovers should actually have to guide the sexual energy along the spine towards the crown to be able to stay away from the male's ejaculatory orgasm as well as the female's intense orgasm. This will produce a sublimation of the simple energy in deep happiness.

5. Face to face position

Leaning on her soles and palms, the female lifts her pelvis so that the male is able to introduce his penis in her vagina. Being kneeled, he is able to catch the waist of his lover with a single or perhaps despite both hands. This position allows the lovers in order to check out one another - to discover how their desire mounts as well as to express their love.

The female is able to push her pelvis gently, tuning her moving with the male's going and coming movements. She is able to spread out largely her legs to be able to take up the whole length of her lover's penis.

If the male feels he's get near the ejaculatory orgasm, he's to stop moving and focus his attention in the central location to be able to sublimate the sexual energy. This's available for the woman also.

6. The top position

This will make her lie on her back, upheld and blocked by the male's thighs who penetrates her in a controlled press up, the female is massaged firmly on the sides, taking up the total length of the penis.

At the moment, as he needs to feel a lot more pleasure, he allows his weight to fall on her a lot more. At exactly the same time, the female is going to feel him more intensely.

This position gives intense pleasure to both lovers and amplifies the sexual power. This's why the beginners in the art of lovemaking with sexual continence would not start intercourse with it.

Both lovers have to concentrate their focus in the central location to be able to sublimate the sexual energy in even more refined forms of energies.

When the female feels that her lover gets near the climax, she's to stop the male's movements and to actually press firmly with her thumb on the center of the forehead. Consequently, his attention will be taken out of the genital area to the forehead area, this helps in rising of the sexual energy along the backbone.

Resting Positions For The Male

7. Massage and sucking on the mast position

You will find in Kamasutra 3 position so-called resting positions for the male, whose large and hard member is skilfully massaged by the female often from the front and occasionally with her back, turned to him. "Massage and sucking on the mast" position are among them.

After a single or perhaps 2 hours of intercourse with sexual continence, the male is able to adopt this position in order in order to rest and to restore his vigor. In this particular position, the two lovers change the roles, females becoming physically active and male becoming passive.

The female lets her lover's penis to slide in her glistening, moist, and swollen vagina. She is able to make either upward and circular movements or downward movements. When she feels that her lover gets near the

ejaculatory orgasm, she's to stop her movement. Both the lovers have to guide their sexual energy along the spine toward the crown to be able to stay away from male's ejaculatory orgasm and female's intense orgasm.

The female is able to restart her movements when she feels that her lover regains control over the sexual energy.

8. Pincers from the front position

Here it's yet another so-called resting position for the male, whose virile member is skilfully massaged by the female from the front.

The male doesn't move. The female inserts the entire length of the penis in her vagina, she must also support. She is able to make either going and coming movements or perhaps circular movements.

The male may either make brief thrusts with his pelvis to be able to meet her halfway or perhaps acts as in case he was going to withdraw totally, living her almost totally to be able to penetrate her open vagina anew, and that is quite wet in this position. This provides her with an extremely pleasant massage upwards.

This position is suggested for the novices in the art of sexual continence since it favors to raise their sexual energy along the spine till the crown.

9. Riding the horse position

The male supports himself on soles and palms. First, the female rides on her lover, inserting his erect penis deeply in her vagina. After this, she turns towards the right and she places her right leg under the left leg of that her particular lover and draws down her body, leaning either on one palm or perhaps on both palms. Then she places another leg with the sole on the male's chest.

The female is active in this position, making coming and going movements. The male responds to female's movements by moving his pelvis to be able to penetrate the whole vagina of his lover.

"Riding the horse" sex position gives an intensive pleasure to both lovers and amplifies the passion of lovemaking.

Both lovers have to concentrate their focus around the navel in order to sublimate the sexual energy in the subtle fire. In this particular way, the lovers are going to be filled with passion and energy.

9. Climbing the tree" position.

This's among the best positions from the Kama Sutra. The female standing alongside the male wraps her legs stretched pretty much high around him like she intends to climb a tree - with the distinction that she uses his penis as a good branch to keep her falling.

Then the female put down one of her legs, placing it between those of her lover. The female is able to hold the other leg around the male's waist, or she is able to put it on his shoulder in case she's enough suppleness.

Note this position requires for the lovers to have virtually exactly the same height to be able to do it.

The lovers face one another, and they could exchange all manner of caresses, kissing and pinching one another, their looks reciprocally registering their mounting lust.

This particular variant of "Climbing the tree" position is an extremely great position for controlling sexual energy. Generally, the standing positions increase the energy of control over the energies. The lovers will feel

10. Driving the nail home" position

Facing her, laying on top of her make sure his chest pressing on her breasts, the male plunges into female's vagina with full thrusts of his loins.

With widely spread thighs, the female receives him right up to the hilt.

This position favors the complete intimacy of the genital zones of the lovers. Also, if there's compatibility between the dimensions of the female's vagina and also the size of the male penis, then the woman is able to reach the carvise uterine orgasm, which is usually for the Tantric orgasm.

Despite all expectations, the female shouldn't be passive in this position. She's to support the male's buttocks and press his pelvis on hers, helping him to penetrate her deeply.

This position isn't recommended for the novices in the art of sexual continence since it favors the accumulation of sexual power in the genital region.

That's why the male has in order to make slow motions and in order to focus his attention in the cardiac plexus to be able to control the sexual power as well as to stay away from the ejaculation.

11. The open pincer" position

This's among the most fulfilling positions of submission for a male. Laying on her back, the female opens her thighs completely. Note, her lover takes hold of her ankles, so she's forced to spread her thighs even more. She can't fight against his penetration in any way with her legs opened this way.

He is able to check out her to his heart's content - gently with the entire length of his penis or perhaps - that will boost her desire for more - he is able to place and retract his member forcefully.

In this particular place, the strong penetrations of the male are able to produce the awakening of the Kundalini energy of the female.

During "The open pincer" position, both the lovers have to focus their attention to be able to guide the sexual and vital energy along the spine till the crown.

12. The top" position

The TOP position, being fairly around the missionary position, also named in Kama Sutra "Driving the nail home", tends to make it very easy for the male to approach it and never to have to withdraw his penis from his lover's vagina. That's why the lovers should perform "The top" position after the classical one in order to help keep in contact with their genitals.

Tantric masters recommend to the lovers to help keep in contact their sexual organs during intercourse because, in this way, it's not interrupted the dynamic exchange between lovers that's launch during the erotic act.

The female shouldn't be passive in this position. By holding the male's thighs, she is able to press his pelvis on hers, helping him to penetrate her deeply.

As just like "Driving the nail home" position, "The top" position isn't recommended for the novices in the art of sexual continence since it favors the accumulation of the sexual power in the genital region. That's why the male has in order to make slow motions and in order to focus his attention in the cardiac plexus to be able to control the sexual power as well as to stay away from the ejaculation. This's recommended for women, also.

Romantic Sex Positions

Sex always offers a great way of getting closer as a couple. Nevertheless, a few things may be extremely useful in making the experience a lot better and more intimate. These issues might have are available in action before, you often do, or perhaps you've never ever tried them before. Whichever way, it's a known fact exploration never ever ends in sex, and it can make it better each time. Effectively, in case you're into brand new moves for more bonding and satisfaction, these positions are for you.

Squatting

In this position, the female must be on top, straddling her partner, who must be sitting or perhaps reclining. The female places her legs on his side, instead of the standard position where the female puts her knees on each side of the male's hips. This position is perfect as the female has much more control, while it enhances stimulation on the male's penis as a result of the perspective of her pelvis bone and womanhood. Besides, both partners are able to see one another on the face, bodies, and genitals, while their hands are free for caressing.

Reclining Amazon

This position requires the female to be on top as well. It's a lot more like a reverse cowgirl, where the female straddles the male while facing away from him. Nevertheless, in this one, the female lies on his chest. This calls for some flexibility, but if done bit by bit with the legs unfolded, it gets much less difficult. This position has a much better chance for the male to

caress the female, while the female is able to lie to get perfect from her male. It's a really intimate place to try and ensures maximum pleasure during intercourse.

Peace sign

This's a position for the male on top. Both partners lie flat, with the woman an's legs closed, so the male's legs outside hers during the penetration. It's a great position as the two can squeeze their thighs and legs to firm up the penetration for much more pleasure. Besides, the female may also tighten her Pc muscle to contract her hold on the penis to intensify the pleasure.

The anvil

This's just about like the missionary position, and it takes the male to be on the top. Nevertheless, rather than the female stretching her legs on each side of the male's body, she raises them to land on his shoulders. It's a great place for increased penetration, though it might require a little bit of flexibility. This's not a concern to be concerned about; it's not as hard as it might sound. If the female is much more versatile than her partner is going to be ready to bend closer to her for intercourse, which is much more satisfactory. In case this's not possible, it could be effective enough in case they settle for the ninety degrees position. The very best thing about this position is the fact that the male's hands are completely free, and he is able to employ them to caress her breasts and upper body. The female also can work with her free hands to touch the male or perhaps her vagina for much more pleasure.

Bathtub Sex Positions

Experimenting Can't ever hit a dead end with regards to sex. You are able to try out numerous things as a couple, but one of those has to be bathtub sex. It's a lot more than merely a great time, but an experience you are going to love to crave. Effectively, this might not be the very best spot to have sex, but it comes out perfectly nonetheless. Below are 5 top positions you are

able to take on board to make your bathtub sex much more than merely a thrilling experience.

1. The missionary

You most likely have attempted this one in bed and found it exciting. It's also relevant with regards to having sex in your tub, and it's as effective too. In this position, you place your hips on the edge of the tub while he lies down. The male is able to straddle you in this position on his knees. This's just like the usual missionary position; it just offers more sensation as a result of the water.

2. Go down on her

This's only the usual oral session he provides you with when in bed, but doing it in the bathtub takes things to a different level. The female lies during the tub while the male sits in the tub, typically on his knees. This way, he is able to go down on you as well as provide you with another oral sensation.

3. Sitting

In case you're looking for intense intimacy during sex, then this position is perfect for you. Better still, in case you are able to do it in the bathtub, you improve your chances to enjoy it even further. The male should sit on the edge of the tub with his foot in the water. You sit on him as normal, either facing him or perhaps facing away from him.

4. The doggie position

This position has never disappointed when it is about obtaining the very best out of intense sex. The situation isn't different in case you try it in the bathtub. Simply go down on your knees and hands and let him follow from behind as usual. You are able to spice things up with lubricants, and your sex in the water will be an invaluable sensation.

5. The lifeboat

This's not always a place for penetration, although it has a good chance for foreplay nonetheless. Should you like heating up before getting into penetration, then you definitely have to try it by the bathtub. In case you're into oral sex, you are able to have it right here too for the full effect. The moment you're both ready, you are able to step out of the tub and have sex on the bathroom floor. In order to help make it much more interesting, wrap your leg around him as he holds you tight and thrusts away.

Sex Positions for Pregnant Women

If There's One Hard time couples face in exploring their sexual world, it's during pregnancy. This time comes with hormonal fluctuations that make you crave sex all the time, but the vulnerability of the situation could be overwhelming. In case you would like to satisfy your urges during this critical period, you are able to always go for it, particularly if you have the appropriate positions to play properly while still enjoying every moment.

Doggy

In this position, the female is on her hands and knees, while the male thrusts from behind. This's not simply the perfect spot to enjoy sex during pregnancy, as it also provides a chance for him to stimulate your breasts and clit, giving you incredible pleasure. If there's a single position that you are able to make the very best of sex during pregnancy with, then it's to be this one. The missionary This position requires somewhat of modification during pregnancy, but this doesn't compromise its effectiveness nonetheless. Below, you position enough pillows under your hips and back to sit comfortably. Ensure you're neither too small, nor sitting in a much vertical position. After positioning yourself, the male is able to penetrate from the front. This way, you have an opportunity to work with your hands to enhance pleasure and stimulation, to not point out it's in itself a good way of enjoying sex at a time that is such.

Sideways

This may be one more edition of the missionary, but in this article, you penetrate sideways instead of being more in the typical posture. This can help prevent lying on your back for long stretches that aren't recommended, especially during the latter stages of your pregnancy—lying slightly to the edge with a pillow under your back and another below your butt does the trick. The male is able to lie beside you and thrust from the front, but it's smart; he helps to keep some distance to ensure safety.

Reverse cowgirl

The reverse cowgirl, offers the perfect opportunity for couples that would like to enjoy orgasmic sex with no pregnancy being in the way. In this position, the male lies down as the female gets on top of him and straddles him while facing away. Below, she's the control of everything but needs to keep the movements slow and sensual.

Spooning

When you haven't tried this place during pregnancy, then it's time you tried it. In a situation that you would like to enjoy sex without needing to put a great deal of energy into it, then the spooning position is going to do you that favor. In this position, the female lies facing from the male, as he takes her from behind and thrusts away. This position is beneficial during your third trimester. There are lots of positions that you are able to always enjoy despite being pregnant.

CHAPTER 5: How To Achieve A MIND-BLOWING ORGASM



Orgasm is a psychophysical situation that leads the individual, both male and female, to experience the highest degree of erotic-sexual pleasure.

It is also the final part of the so-called 'sexual response cycle' which consists of three phases: excitement, plateau and orgasm, followed by a fourth phase of relaxation of sexual tension (resolution). This path has been identified and described by William Masters and Virginia Johnson, the founders of modern sexology. More in detail, there is a phase still prior to arousal, the desire phase, in which the man and woman activate the cognitive part with respect to sexuality through the imagination; in the excitement phase, however, the most bodily and more related to the physiological response of sexuality (erection in the man and lubrication, for example, in the woman), as a result of erotic and physical stimuli and sensory stimuli. The continuation of physical excitement, called plateau, is the assumption of orgasm, the maximum peak of the 'cycle of sexual

response' followed by the resolution phase, where there is a return to normality and a state of calm, coinciding with a detumescence of the corpora cavernosa as regards the penis and a non-lubrication as regards the woman.

Orgasm: Different Types And How To Achieve It

If There's one thing that makes lovemaking entertaining, then it's to be achieving the climax. Orgasm is an amazing feeling that you are able to give your partner, as well as yourself. If perhaps you're a female who likes connecting to her sexuality, then you definitely understand how titillating this can be when performed. The fun thing about orgasm is the fact that you can get numerous kinds of orgasms. Some folks don't often have anything to do with sex, but they're mind-blowing feelings that you can not pay for to miss. Very well, the following are five types of orgasms that you are able to accomplish to live in a world of ecstasy, at minimum for once.

1. Vaginal orgasm

Lots of people refer to this as G spot orgasm. And although achieved through intercourse, only a few females experience this kind of orgasm. Vaginal orgasm results from stimulation within the interior of the vagina, especially in the G spot area. The very best thing about these orgasms is they be more durable and are certainly more intensive than a clitoral orgasm. In order to intensify this orgasm, you are able to always research as well as get it right. According to researchers, the G spot is located on the front wall of the vagina. You are able to stimulate this area by getting your male to enter you from behind. Besides, you are able to switch positions to enable him to keep going longer while you rub the clitoris, which tends to make this orgasm graduate to a blasting feeling.

2. Clitoral orgasm

This kind of orgasm is termed as short-lived, with localized and sharp blasts. It generally results from stimulating your clitoris. To get a far more satisfying clitoral orgasm, start by solo stimulation first by playing with yourself. This will help to find out the things that work best for you, which

you are able to help your partner with during sex. Besides, you are able to also stimulate yourself to achieve this orgasm too.

3. Core orgasm

This orgasm is associated with physical exercise. Even though it's significantly less moving as the traditional Os, it packs a tremendous amount of pleasure too. In order to experience this orgasm, you have to improve your heart rate, after which you go on working your core. You are able to try hanging leg raises to work your lower abs if this type of orgasm kicks off. Work your muscles to fatigue, then as you are feeling the excitement building, keep going until you climax.

4. Blend orgasm

This orgasm comes from the simultaneous stimulation of the G-spot and the clitoris. This business owner is a monster orgasm, stretching from a single to 15 minutes sometimes. It finishes with a surge of intense orgasms.

When you want to experience a Blend orgasm, the greatest thing to do it in a manner that both sections can be stimulated at once. The missionary style is a great way to go.

5. Skin orgasm

This might sound strange, but it's as real as some other orgasms are. In most cases, folks experience this orgasm but don't notice. A recent study has found that a result of a music-induced effect pulls forward a tingling sensation. This feeling is thought to result from unexpected and sudden changes in music, for instance jumps in changes that are key like loud and soft tones. To obtain the very best of this orgasm, all you will need is music like traditional, that is known to drive it home. Nevertheless, it's also best to try your best music, if classic is not your preferred type. You are able to enjoy these orgasms on any day, whether you've to hit the gym, or perhaps you tune up the music and allow it to come.

Simply go for it, so long as you understand what you're seeking, you are going to get it. Mask on, Mask off will enable you to become an actress or perhaps actor in the bedroom.

Physical benefits of orgasm

One of the benefits of orgasms is the euphoric and pleasurable feelings that help in reducing stress, depression, and anxiety thus boosts immunity. Orgasms may also be known to burn calories and promoting relaxation in addition to releasing the tension, leading to much better sleep.

Additionally, it's crucial for the brain, blood circulation, and better mental sharpness. Some other advantages include increasing a good brain chemical known as hormone oxytocin, which boosts feelings of bonding and intimacy among partners.

Spiritual benefits

After going through an orgasm, the body enters a state of receptivity, where nonphysical and physical aspects come together with amazing results. An orgasm also suppresses your identity or ego, thus enabling you gets in contact with your infinite nature. This's invaluable for attaining enlightenment and consciousness. Tantric is just about the most preferred ways of attaining enlightenment through sex.

Orgasm has been flagged as one of the greatest ways for manifestation. Because it goes hand and hand with conception, knowing what you would like and conceiving it in this way is able to prove to be a really good method to set your manifestations. It's reported that what you focus on during orgasm can be your conception, particularly on the feeling level. This may be carried out by targeting what you desire and focusing on it with the rush of energy experienced during orgasm.

Having existed for approximately 2000 years, Kamasutra is a sex manual that has offered folks the endless world ideas on achieving better sexual experiences. The Kama sutra manual consists of more than one 100 different sex positions and visual instructions for greater understanding. This extensive manual is a genuine masterpiece for both males and females in understanding the perfect sexual positions along with the way to execute them. Allow me to share the very best of them.

1. The Plough

Almost like the wheelbarrow position, but simpler and even more enjoyable. Lie tummy down, after which raise your legs off the bed while maintaining the top half in contact with the bed, as he enters from behind, while between your legs to support your legs on the thighs. This position is a bit exhausting but worth trying as it has the greatest fun with no pain, and tightens your vagina too, increasing the pleasure further.

2. The Rider

The female is on top right here, but flexibility comes in now. You are able to sit upright and ride it wild, or else you are able to lie on top of him, chest down, and enjoy the increased intimacy. Staying in control, you are able to obtain it, as you need it, particularly when looking at angling your clitoral stimulation. You are able to ride on top of an upright position unless you have a big bust that hurts from the jumps, that will require you to lie chest to chest and enjoy.

3. The Amazon

Let him lie on his back, pulling his knees up to his chest to curl in a ball, and his penis coming up between his legs. Squat over him and ride forth and back in complete command of the game. This will give you not only pleasure but also makes you feel powerful and in Charge.

4. The Frog

This's most in doggy position, but you lie down flat, stretching arms and just raising your bum up into the atmosphere. This guarantees your free hands can be utilized to promote yourself, or perhaps his, that is also free, can contribute to the job also.

Besides, it enables keep going for very long, as you're flowing and stable effortlessly.

5. The Hero

Below, you lie on your back, ensuring your ankles are up to your ears, as he kneels while holding your legs in position. This provides the perfect choice for G- Spot stimulation, because of his penis rubbing there.

6. The Curled Angel

You most likely do this hangover or spoon sex another day. Nevertheless, in case you are able to get it down to a science, it is going to offer awesome pleasure. Because you both have sexual equality, you are able to take turns in the ride, and with his free hands, he is able to promote you to an extreme and easier orgasm.

7. The Star

Lie on your back, with a single leg bent as well as the other one stretched flat on the bed. Then your significant other kneels down with his one leg bent, wrapping outside your stretched leg, as well as his many other legs lying directly below your bent leg, thus creating a star shape position. This position provides a great G Spot stimulation, and he is able to also stimulate your clitoris with his free hand, or else you are able to do it yourself as he concentrates on your nipples, so you've pleasure coming from all directions that matter probably the most. Here goes your best Kamasutra position for mind-blowing pleasure. You are able to enjoy the movie, which looks ideal for you, or perhaps most pleasurable.

The Six Reasons Why Men Love 69 Love Making

THE sixty-nine is actually rapidly gaining speed with many sex partners in the world today. The sixty-nine sex position is definitely the sole position that guarantees that both partners get pleasure at exactly the same time via oral sex. The sixty-nine is kinky in which two consenting partners align one another in a manner that enables each person's mouth to be near the other's genitals, at the same time performing oral sex.

It means that the sex partners perform cunnilingus and fellatio on one another at exactly the same time, excellent ecstasy is definitely the essential point. The position allows the involvement of all combinations of genders and is regarded as probably the most enjoyable simultaneous sex action.

The great end of the sixty-nine playtime sixty-nine is an extremely tough position in an imaginable, pleasurable stint and a great way to give oral sex while receiving. It definitely scores very high for being the position that elicits the sexy laughs and silliest giggles in lots of people's sex life (which is a major hot plus). Sixty-nine carries the beautiful ambiance of pulling

you nearer to your sex partner and easing possible anxieties on getting serious and stuffy entirely concerning the sex you as partners are having. Many males contemplate lagging for some time to experiment with sixty-nine until both are at mutual ease and comfy with each other. This primarily causes entire undercarriage is not going to be a secret more with a full frontal view in your partner's sight. Closure emanates more courage that's essential in beating insecure feelings about the steamy action. It's no matter how best that you suggest it's sexually etiquette to ensure thorough washing of your whole body. While the position does have the potential of realizing a little sense of vulnerability, most males happen to regard it as a very good idea. Girls on top and also the newly found lands! If you're considering the sixty-nine position, males generally want the female on top. Chances are the male is heavier than she's pound for pound.

Allowing her to grab the best position is going to prevent her from getting crushed whether the lovemaking session takes an extended duration or perhaps if the male gets somewhat carried away in the pleasure and collapses in excitement. This can also guarantee that the male avoids accidental kneeling on her hair, thus pinning her involuntarily. Another merit of her being on top is she takes full control of the action speed, depth, and angle of penetration, this way preventing accidental gags and chokes for her. Allowing her to completely control the pace translates to better oral pleasure for the male. All males highly rank sexual pleasure as well as to this regard they actually put in all attempts to score a 69 position.

Many males see the 69 sexual positions as a way of introducing sexual explorations into carnal knowledge with their partners. With the butt hole in full view, many males are intrigued by trying double penetration. It's, however, recommended you talk about anal penetration with your female because some will totally love anal stimulation while others find it a real disgust. The sixty-nine sexual positions are a kinky and adventurous real steam blower for both partners involved.

How To Improve Your Penetration

When two Partners Get to have sex on regular occurrences, they're probably going to get comfortable with each other. This may consequently mean that intercourse is only but one of many routine undertakings they do on a

consistent schedule. If your sex life is growing boring or perhaps have similar expectations each time and also you desperately need to spruce up the daily routine, just change positions.

If left unchecked, boredom in the bedroom can escalate to a point you presume there's nothing new in your man or woman, and such is dangerous considerations since it can result in disaster. This's when one or perhaps 2 of sex partners start looking for some adventure outside because of the sense that their sex escapades together aren't romantic anymore. Your spark in romance can be rekindled into a sexy flame quickly. Below are several of the very best sex positions that aren't just fun to do but are surely the trigger to a much better relationship.

The Trapeze position The trapeze never fails to usher in a much-needed trick for thrilling bedtime. This position will actually be an inverted world of pleasure for the ladies. The male needs to be in a sitting position at the edge of the bed. Your partner should then sit on your lap, wrapping her legs around your hips. Next, the person should bend backward like she's in an upside-down but relaxed position.

When lovemaking, the male is going to be much more fired up as he's the complete view of his partner's' facial reactions and body. The position also allows for deeper penetration, which is a plus for the lady as the male is in control that is full. **The seated scissors sex position** In place of the scissor sex position where sex partners intercross all four legs, this's a much simpler seated variety. The male sits up straight with both legs wide open, while the woman straddles his side so that one of her legs rests on his hip while additional hangs between his legs. The person controls the depth and perspective of penetration, and he controls the pace of the lovemaking.

The lotus position during sex the lotus allows gazing into each other 's eyes while engaging in lovemaking. In case you're searching for something kinky and innovative, it does not translate to giving up on your romance. The male could sit cross-legged and kneel down. Sit on his inclined lap so that your legs are wrapped around his waist. The face-to-face intimacy and embracing one another is an experience very few practices. Your male will really like being face down in lovemaking action, so to speak. This's sexual alchemy.

The sexy magic mountain while engaging the magic mountain, you are going to require many pillows or perhaps fluffy decorative props. Stack them together against your bed 's headboard, turning them right into a makeshift mountain. The person bends over the pillows with the male embracing her from behind. Such a position allows the male to mold his body to the natural curve of her entire body in a manner where both partners are dealing with the headboard. The pillows beneath you give a lovable silky smooth feel, just almost as the male will love the sense of her silky smooth skin he's mounting.

The great female in case the doggy style has lost its adrenaline-inducing magic by your measures, it's then time to try the Superwoman position, and you won't ever look back. The female bends over a sturdy surface like a table edge with him hoisting her up by the hips. This's to ensure that her legs get stretched out, and the bottom half of her body remains suspended in mid-air. The one thing beyond doubt is this position is going to have her feeling like she's flying, thus the name Super Woman.

Why your body needs of orgasms

If there's one idea you are able to benefit from in getting a proper sense of balance in your body, then it's to orgasm. If the energy in the body is accumulated without channeled for release, then it is going to render you unhealthy.

With orgasms enabling and directing the release of that energy, it's possible to achieve mental, emotional, and physical health.

Tips To Achieve a Copious Orgasm

There has been This notion of female orgasm is not immediately achievable because it is an incorrect perception. The truth is the fact that the female orgasm is real and is really simple to achieve; however, many females find it hard to enjoy this experience, and lots of males end up frustrated for being unable to achieve this goal. If perhaps you're a female who's seeking to unfold the secret and uncharted frontier beyond the horizon, or perhaps

a male that needs to find out what it takes to take your partner there, here's the secret for you.

How female orgasm works To recognize the female orgasm, you need to begin by understanding the female body. Female orgasm majorly depends on clitoral stimulation. Nevertheless, females are able to have an orgasm through stimulation on their nipples, G spot, along with other less considered places like the neck, earlobes, and other sensitive body parts.

Orgasm mostly involves rhythmic muscle contractions around the Genitalia, increased breathing, and heart rate. Additionally, it comprises of increase in blood pressure, and rosy, goosebumps, or perhaps flushed skin. The experience triggers almost all areas of the brain, which makes it a mind-blowing feeling, literally.

What you have to do

Among the things which may help make it hard to achieve an orgasm is having a medical issue. Thus, you need to go to a health care professional as well as get that sorted out. Besides that, a female orgasm, or perhaps lack thereof, is unique for nearly every female. This means the very first step to bringing a female to a climax is by learning the process. The best part is you are able to always learn this process and enhance it even further. Many factors are central to achieving an orgasm. Allow me to share several of them.

The set matters a great deal.

It's a known fact that sex offers an excellent rest, sleep, and reduces stress. Nevertheless, the complete opposite also applies with regard to getting an incredible sexual experience. You can't enjoy sex when you're exhausted, stressed out, or perhaps lacking sleep; an orgasm may well not come that easy. It's, thus, really crucial to ensure rest and composure to have the ability to enjoy actual sex with an intense orgasm.

Don't rush

Unlike males who could rush through sex to have an orgasm, females take somewhat longer, which may prevent them from enjoying it often if not well approached. Largely, it takes females approximately 20 minutes of

having sex to be prepared for an orgasm, though this period may vary among a variety of individual females. The female might feel like she's taking a long time and also give up trying, even though the male might believe she might never ever have an orgasm and stops completely. It's thus necessary to understand that although it might take a little time, waiting for an orgasm and working for it could be really rewarding.

Believe you can easily achieve it.

Confidence is paramount to female orgasm, females who think they're able to have an orgasm work for it. On the opposite side, all those that don't believe in their bodies may think it is difficult to achieve the climax. It's, therefore, important you think that you are able to arrive there and work for it since it pays off eventually.

There you go, try these simple factors as well as see them blow your mind to a body-shaking orgasm. It will take time, observance, and concentration on what is most effective, and you are going to have an orgasm of your lifetime.

BONUS: How To Achieve Orgasm In 15 Minutes

An orgasm is the primary goal for each sexual encounter. This's as essential for the female as it's for the male. Generally, the female's orgasm lasts for approximately fifteen minutes. The best part is the fact that you are able to extend this duration for well provided up to 30 minutes and beyond. Industry experts have discovered that it's feasible to prolong an orgasm time long enough to allow the female to enjoy every moment of the shudders running through her body. It's known as the extended sexual orgasm (eso). In case you haven't tried it yet, which you likely have not, here's the way you do it.

Let her take off first.

In order to increase your probability of achieving such an amazing orgasm, the female would like to begin with a solo preparation. This calls for eliminating some distractions and focusing on the energy that is sexual, on a good note. She must also do kegel exercise on the floor for her pelvis for

muscle toning. Besides, it's also required she often masturbates, to learn the speed, strokes, and rhythms that work best for her.

Get to work start by applying lubricant to her genitalia, then stroke her gently on the vagina for approximately 5 minutes or thereabouts, concentrating on the inside and the clitoris of her flower. Do gentle circular movements with your index finger around her clitoris for stimulation.

This grows her pelvic floor contractions and a deep breath, signaling that an orgasm is on its way today. When her orgasm approaches, you are going to see and feel all those regular contractions in her genitalia. This's the time to stop the clitoral stimulation and move to stroke her inner vaginal walls with your fingers. You are able to do in and out strokes, or perhaps move them in steady but slow circles at the entrance.

The next move after the wave passes over; her vagina is going to start to subside while drawing back. This's exactly where the primary goal of eso comes in, to always keep the contractions going. Continue stroking her inner vaginal walls; she is going to show signs of urge for much more pleasure and frequency. This can lead to an eruption of more contractions as you stroke her away.

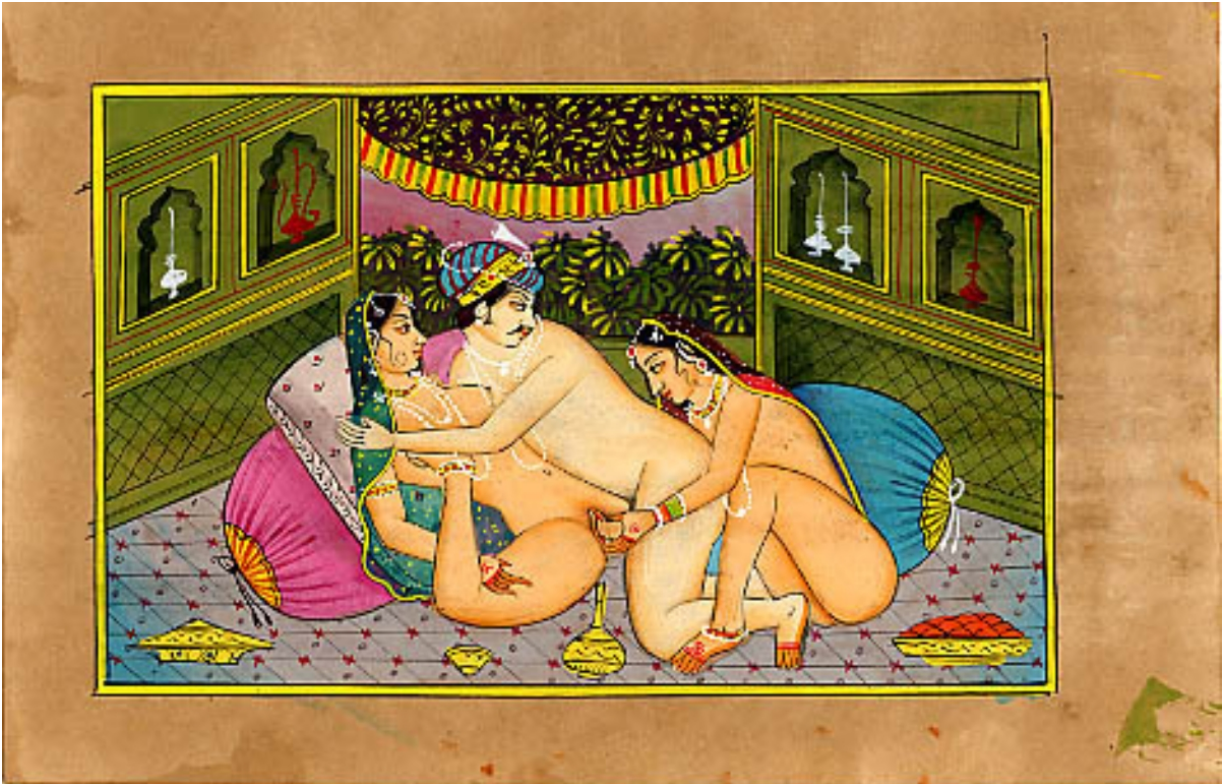
After the pulses subside, move fast to the clitoral stimulation with your circle, triggering more contractions. Continue alternating between the inner of her vagina and also the clitoris until the contractions reach the length of between a single and 5 seconds.

Within another 15 minutes, the contractions are going to become far more constant as her vagina draws away, charging into a wave of outward vaginal pushes. This indicates the final phase. Position yourself in an angle just where it's feasible to promote both the vagina and the clitoris at once. This results in incredible endless waves of multiple orgasms. Take several minutes to rest.

The prize this makes the female feels an unexplainable sexual feeling inside her, and a sense of gratitude. She is going to go crazy on you with intimate sex and blowjobs. All things considered, you are going to understand why it was really worth taking her through the 30 minutes orgasmic marathon.

Such an elongated orgasm is going to leave a female completely sexually satisfied after she's paid you back with much more action and intimacy. It's worthwhile going for it and watching her shake endlessly as pleasure takes the very best of her. You have to try it out.

CHAPTER 6: TIPS & TRICKS TO INCREASE PLEASURE DURING INTERCOURSE



Taking Charge Of a female's mental control may sound beyond impossible to a lot of males; however, the simple fact will be the opposite. When you get it right, you'll be astonished by just how it could be easy to use psychological tactics and win her. All you will need would be to know the way to restructure and reshape her thought process, which will help influence her feelings and actions as well. Below are two primary ways to get that beautiful female you've always wanted.

Reclaim your power

Nowadays, females take Charge of their relationships, particularly in the first stages. Almost as she knows you need her, then she is going to take you around circles. She needs you to deal with her in a specific way, as well as her interests have to come before you consider yours. Taking your schedule and also the correct strategy to counter these tendencies are able to come to your rescue. Start by having a significant distance between you and her, maintaining compliments under check for

Starters

If she seems to be backing off, don't delay to correct her. You are able to flirt with her from time to time, keeping it at optimum so as to not show up as though you're pushing hard to convince her to like you in return. Simply take it slow, be as in case you don't care much after all. It's likely to slip into failure, particularly when her response is consistently good. Ensure never to make this wrong move, for you personally are going to lose your drive the moment you admit the error of going far and becoming way too easy. She'll likely lose interest, and her respect for you can decline drastically as a result.

Time to manage her thoughts Once you've created and held on to the potential in your relationship, the following course is stepping up to take control of her ideas with mind control methods. At this particular stage, the strength you've to use may vary from one particular person to another, but it all will depend on your preference. At the conclusion of the day, you have the determination to make as to what is effective for you, and what seems amoral or insidious, that's for you to consider.

The primary thing you have to realize is exactly how different a male 's and female 's minds are. Among the strategies is fractioning, which is highly effective hypnosis for a natural method. The very best thing about this particular tactic is the fact that within 15 minutes, you may have reprogrammed her mind and hacked into her feelings, creating dependency and closeness of a female's positive emotions on you.

Nevertheless, you have to be cautious, as it is able to turn a female into a stalker if not executed properly. Besides, it's not a smart idea to make use of this tactic as a weapon to harm females. It's a really effective way of getting

a female to feel really near you despite having known you for just a brief period. It's important ensuring you begin by taking Charge before moving into her feelings and thoughts.

Simple Tricks To Drive Your Partner Crazy

When it Relates to Having intimacy with your partner, every male desire to give his female the greatest experience in bed, this might sound like an unrealizable task for some, but in case you have the right approach, it's simpler than you may think. Effectively, in case you've been falling short on training and performance to have come to the king in bed, the following are five tips that you are able to find really helpful.

1. Keep experimenting since her body is filled with sensitive parts for you to explore, you have to keep your hands moving. More to the point, as her arousal increases, her sensitivity changes too, keeping that in mind, you have to go through her body. Give consideration to places that give her most pleasure, but don't concentrate on only one point. You are able to communicate by directions that are simple that she is able to guide you with all of the ways.

2. Distraction goes quite a distance

When males are focused on the climax ahead, female's concentration wanders into a few things, as well as to fantasy. When in fantasy, she's disconnecting her mind, helping deactivate her fear factor. For a satisfying orgasm, her mind needs to be obvious, and her fear center in the brain has to be off for concentration to arise. You are able to accomplish this by building a fantasy before you're hooked or perhaps create and maintaining a story, whispering it into each other 's ear.

3. Let her be in control

It's a known fact that the male happens to be the lead in the activity. However, you are able to switch places and let her take control of the beginning or perhaps the entire process. This's helpful in understanding the things that work best for her and what doesn't. Besides, letting her be on top is helpful

in letting the fun unfold, as she's the advantage to drive you, straddle your face, deal with you, or perhaps face away, whatever she is okay at doing.

4. Know the best spots

It's long been thought that a female's urethra, her clitoris, and vagina are connected, which has seen researchers think that taking care of any of them brings ultimate arousal. Nevertheless, a recent find shows that you are able to go for either potential arousal spot. It's the U spot, located between her vagina and clitoris, just near her urethra. In order to stimulate this particular spot, you have to take soft, circular motions with your finger, just ensuring your hand is thoroughly clean, as the area is quite susceptible to infections. Scientists say if well teased, this place brings a melting and soft climax.

5. Take it slow When she's headed for the edge, you are able to improve the orgasm for a better climax. When she's practically at the top, pull back, kiss, concentrate on other sensitive parts, after which take her back. This cycle enhances her psychological arousal, taking her much higher. Don't be fearful of losing her hold in the process; it is going to take approximately 5 to 10 minutes for a potential climax to break off, which means you are able to always take her back and make her orgasm even harder—these simple but powerful ways to help your female get the very best of you. Try them out and find out just how great they ought to be.

Everything a Partner Wants In Bed

It's evident That getting a great time in bed is essential for both partners, but it involves understanding and commitment of what it takes. Effectively, in case you wish to take moments this way a notch higher, you are able to always do something unique to make your male feel much happier and crave more. Below are ten things you have to accomplish that will leave him yearning another encounter.

1. Leave the lights on. You might have changed a good deal over time, but males will barely notice that change unless you provide them a reason to. Your sagged boobs because of breastfeeding won't catch his eye, almost as you're centered on the issue at hand, but tempting a cover-up will. Above all, what a male would like to find out is exactly how great he's making you

feel, and so overcome your fears and offer him that chance. It goes a long way.

2. Connect to your femininity

Lots of people think this's weird, but it's not necessarily as odd as it's believed to be. Nearly every male out there wants to see a female get in contact with her sexuality, and unbelievably, it's a huge turn-on for males. Besides, this provides a chance for him to find out about you, understanding just the way you love to be touched as well.

3. You've oral power Men like females going down on them, as dating Coach Todd Valentine ad vice. He insists it gets a lot better once the female takes the effort to give a blowjob, instead of being forced to be asked for it. This's a great way to surprise him and blow him up.

4. Do not be dumb. It doesn't take those exaggerated moans in dirty talk or porn to get things going. Nevertheless, communicating makes things fall into place in a way you might have never ever imagined. Tell him the way you love it, make use of those moans he loves to pick up as he hits the jackpot, gasp, whisper a compliment, and he is going to take you to the advantage as he gets there too.

5. Build on his sensitivity

Certain components of a male's body, like the point of his penis, are vulnerable enough to get hold of him. You might not need to take things far either, just a flick of a tongue can get the very best of him.

6. Take it to slow. Just move him around slowly but steady. Let him feel everything unfold, giving him time to explore and enjoy every move. You are able to engage full throttle when needed, but a slow start does the trick.

7. You are able to get it anywhere

Men like having it practically anywhere possible. You might not have to undertake it in bed most of the time, try it on the couch when you're home alone. You are able to simply make it happen anywhere, provided it's erotic and convenient.

8. Go down the fantasy lane

Doing it the same old way most of the time may just get your male bored. Men that are Married are very likely to stray and sneak around along with other females around him. Bringing on board fantasy play could change this, just understand what everyone likes, and let both of you try it.

9. Let him be in control

Men as dominating in such matters as sex. While you might have to change from where or how you do it to trying something totally new, you ought to attempt to give him a say type in the entire thing. It could be extremely effective.

10. Try out something unusual

Men might love to try something like anal sex, but could fear to discuss it with you; perhaps it might be offensive. Nevertheless, in case you take the initiative to speak about something which you think might fascinate and interest him, then go for it. Putting up the conversation yourself can make it much easier to get along, and maybe far-reaching. Try out these things and find out how they will impact your male. They might sound simple, but their influence is always considerable.

Homeopathic Products To Boost Your Orgasm

In the couple you know, ups and downs are the order of the day. Even in bed. Contrary to common thought, which draws the man as constantly excited, always ready for intercourse, the decline in sexual desire in males is more frequent than you think.

The reasons can be different and depend on many factors. They can be related to personality (anxious mood, lack of self-esteem), socio-cultural factors (problems in interpersonal relationships, poor sex education, abuse in childhood or adolescence), or genetic and physiological (low testosterone level, age over 50 years).

Excessive use of alcohol and drugs can also adversely affect male sexual desire. In any case, whatever the motivation that has lowered your libido,

do not despair, there is a remedy. If drugs and dishes with aphrodisiac foods have not satisfied you, then all you have to do is try sexual supplements. Here is a list of the most effective.

Goji berries: used since ancient times for their healing properties, they act on the stimulation of desire by improving blood circulation and increasing the level of testosterone.

Not only : the combination of amino acids, minerals, vitamins, antioxidants and proteins, protects the skin from premature aging and counteracts inflammation.

Ginkgo Biloba : Helps blood circulation, essential for the sexual organs, facilitating vasodilation. All thanks to the components called terpenoids and ginkgolids it contains. Really good to awaken male desire.

Ginseng: also called "root of heaven", is a plant known and appreciated for its tonic and stimulating properties, an excellent ally to combat fatigue, stress, aging, impotence and sterility. Ginseng is also a powerful aphrodisiac, this is because its consumption allows the release of nitric oxide from the cells of the cavernous bodies of the penis. thus providing a better erection.

Muira Puama: It is said that the leaves of this plant, called the "tree of power" were consumed daily by men of the indigenous tribes of the Amazon to ensure a tonic and vigorous physique. It is no coincidence that its extracts are usually recommended for those who have problems with sexual impotence, but also in cases of decreased libido and in cases of psychophysical fatigue. It is also considered an excellent remedy to combat neuromuscular problems, rheumatism, cardiovascular and gastrointestinal disorders.

B vitamins and zinc: B vitamins promote the normal functioning of the nervous system and also improve mood. Zinc, on the other hand,

contributes to the maintenance of normal levels of testosterone in the blood, therefore, helps to increase sexual desire.

CONCLUSION

We hope you have enjoyed this book, and it has given you plenty of food for thought! However you decide to wear it - as being a mini-guide or perhaps reference book, or simply to get your own personal ideas flowing - we wish that it'll help improve your sex life and take you as well as your partner closer together. Maybe you are going to go on to check out the original Kama Sutra and appreciate the large knowledge of happy relationships it goes on to impart for centuries.

The goal of making this report is usually to share with everyone about the different positions and also the effect of each during lovemaking. The subject of lovemaking and sex is normal in this modern society as well as the goal of the report is to allow all individuals to have pleasure times with their loved ones while making love.

Exploring unknown positions and new positions is a great way to boost sexual health as the pace of living is becoming faster and quicker, and couples aren't doing what they're meant to be performing because of fatigued and stress at work.

As all of us realize, sex is among the very best distressing exercise that is present in the world, and thus I do wish that you've gained from this report one way or perhaps another.

- How to communicate on an alternative level with your partner as well as to make sure they share the sexual passions.
- More than a hundred sex game described in detail and the level of theirs of complexity.
- Sex game ideal for everyone, from beginner's to advanced, even in case you are 50+.
- How you achieve terrific orgasms with your partner as well as yourself.

- Tips on how you can flirt like a pro.
- Secrets on how you can encourage someone into the bedroom.
- How to get the appropriate sexual health and also the benefits of sex in anyone's life. as treat them as equal partners.
- And a lot, a lot more!

Those books won't just improve the sex life of yours, but can bring you more nearer to your partner and enhance various aspect of your relationship!

You'll be astonished by just how drastically you are able to change and you are going to find yourself in a constantly good mood.