

POSITIONS IN INTERCOURSE

1. G - WHIZ

How?

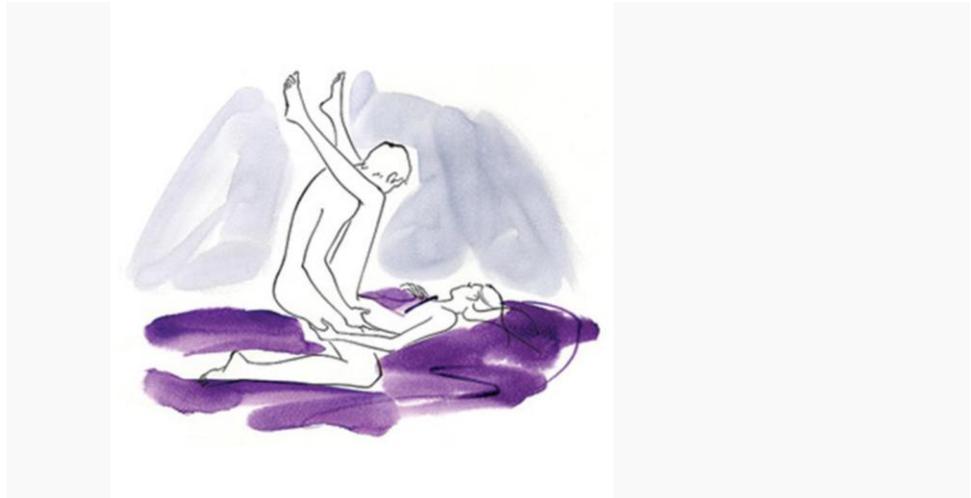
You lie back with your legs resting on each of his shoulders.

Benefit

When you raise your legs, it narrows the vagina and helps target your G-spot.

Bonus

Ask him to start rocking you in a side-to-side or up-and-down motion. That should bring his penis into direct contact with your G-spot.



2. FACE – OFF

How

He sits on a chair or the edge of the bed; you face him, seated on his lap.

Benefit

You're in control of the angle and depth of the entry and thrust. Being seated provides support, so it's great for marathon sex.

Bonus

Let your fingers (and hands) do the talking. Once seated, you can put your hands anywhere on your body or his to make things more interesting.



3. COWGIRL'S HELPER

How?

similar to the popular Cowgirl position, you kneel on top of him, pushing off his chest and sliding up and down his thighs. But he helps by supporting some of your weight and grabbing your hips or thighs while he rises to meet each thrust.

Benefit

Less stress on your legs, making climaxing easier. Plus, female-dominant positions delay his climax, so everyone wins.

Bonus

Alternate between shallow and deep thrusting to stimulate different parts of the vagina.



4. MISSIONARY POSITION

How?

Lie on your back while he lies facedown on top of you.

Benefit

Simple, elegant, effective, and surprisingly versatile.

Bonus

You can drastically change the sensation for both of you by shifting the angle of your legs.



5 DOGGIE STYLE

How?

Get on all fours. He kneels behind you, with his upper body straight up or slightly draped over you.

Benefit

Deep penetration and easier G-spot stimulation.

Bonus

stimulate your clitoris with one hand, or ask him to do the finger work for you.



6 X- FACTOR

How?

He enters you from the missionary position, then slides his chest and legs off your body so his pelvis is in the same location but his limbs form an “X” with yours.

Benefit

You feel more of his body in motion.

Bonus

Use this unique angle to massage his back, butt, or legs as he thrusts.



7 REVERSE COW GIRL

How?

He lies on his back; you straddle him, facing his feet.

Benefit

Lets you take control and show your guy the pace and rhythm you like.

Bonus

To get more leverage, put your knees and shins inside his legs and under his thighs.



8. SCOOP ME UP

How?

Both of you lie on your sides, facing the same direction. You bring your knees up slightly while he slides up behind your pelvis and enters you from behind.

Benefit

Allows for more skin-to-skin contact, increasing your stimulation.

Bonus

Have him place his hands on your shoulders to increase the intensity and deepness of the thrust.



9. REVERSE SCOOP ME UP

How?

From the missionary position, without disengaging, turn together onto your sides, using your arms to support your upper bodies.

Benefit

You get the same full-body press and can gaze into each other's eyes.

Bonus

Try intertwining your legs with his or fondling him down below.



10. MAGIC MOUNTAIN

How?

He sits, legs bent, leaning back on his hands and forearms. You do the same and then inch toward him until you connect.

Benefit

You'll both feel really connected looking at each other. Increase your stimulation by grinding your clitoris against his pelvis.

Bonus

Slide ice cubes down his chest and let the cold water collect at the base of his pelvis.



11. COWBOY

How?

You lie on your back while he straddles you. He then gently inserts his penis through the tight opening created by your semi-closed legs.

Benefit

Tightness increases the intensity of the penetration.

Bonus

Have him fondle your breasts or gently hold down your wrists.



12. Sea Shell

How?

Lie back with your legs raised all the way up and your ankles crossed behind your own head. He enters you from a missionary position.

Benefit

Your hands are free to work your clitoris.

Bonus

Have him “ride high,” rubbing his pubic bone against your clitoris, or “ride low,” directly stimulating your G-spot with the head of his penis.



13 . THE OM

How?

He sits cross-legged (yoga-style), you sit in his lap facing him. Wrap your legs around him and hug each other for support.

Benefit

Best for tantric sex Rocking, not thrusting, is the key when it comes to this very intimate position.

Bonus

Lock into each other's deep gaze to put some extra “oh” into the big O



15 UPSTANDING CITIZEN

How?

You straddle him, wrapping your legs around his body. He stands and supports you in his arms. You can start on the bed and have him pick you up without disengaging. (Or for the truly bold, you can hop aboard from standing position!).

Benefit

He needs to spread his thighs slightly and not lock his knees. But if he has a bad back, this is a very bad idea!

Bonus

Have him push you up against a wall—very carefully.



16 VALEDECTORIAN

How?

From missionary position, you raise your legs and extend them straight out (forming a “V”).

Benefit

This allows for good body contact with the vulva.

Bonus

Try grabbing your ankles. It can give you stability and an added stretch.

