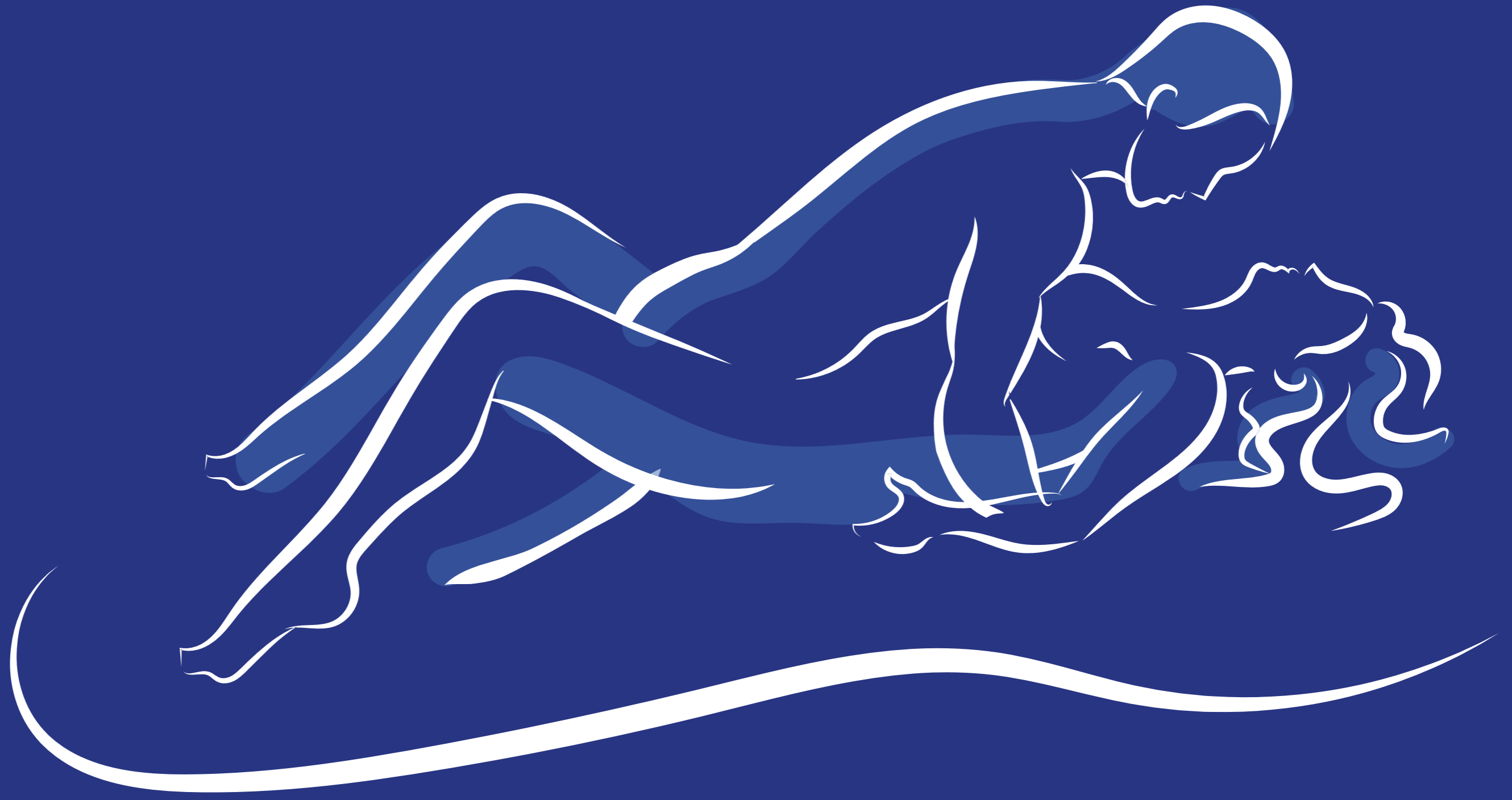




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SEX
POSITION
GUIDE

SIMPLE
PLEASURES
BEGINNER



THE MISSIONARY

The missionary position has huge appeal for many couples and is most definitely a great place to start. With the woman lying on her back and the man on top, resting his weight on his elbows, it is generally the easiest position for first timers as entry is natural this way.



THE DRAGON

In this position, the woman lies on her stomach with one or two pillows under her pelvis while her partner lies on top of her, mimicking her position and entering from behind. This position is much slower and rhythmic, with circular motions rather than the usual faster, thrusting movements. It is good for beginners as it allows you to experience the sensation of sex without deep cervical stimulation.



ON THE EDGE

This is another straightforward move physically, and not a million miles away from The Missionary. The woman rests on her back at the edge of the bed with her legs hanging off while the man steps back from the bed and places his body between her legs. The woman's pelvis is raised much higher with this move than in the missionary position and penetration can feel a lot deeper. It can be a very relaxing position for women because they can lie back while their partner does most of the work. (Sorry boys).



GIRL ON TOP

This position allows her to stay in control of the speed and depth of penetration - meaning she can find out what suits her, at her own pace. It's also thought to be the position most likely for her to achieve the 'Big O' as she is taking care of it herself. Plus, it's always a winner for the guys too - they get to lie back and enjoy the view!



THE SPOON

This is another great first-time sex position, especially for those who are especially shy or nervous. The woman should lay on her side and her partner lie behind her, entering her from behind. It can also be an extremely intimate and romantic position, with your partner holding you the whole time, and allowing for a lot of interaction and touching of the important female erogenous zones.

BEDROOM
FIRESTARTERS
INTERMEDIATE



THE CHAIR

Using a chair for sex can be a great prop and as well as giving support, it can also be a huge turn-on depending on where you are and with the risk of being caught by unsuspecting eyes! Find a chair that has a back and is not too bulky as to allow you to get into position easier. The man should be seated, facing forward and she should straddle him, with legs either side of the chair for maximum penetration as she rocks her hips forward and holds his shoulders for support.



LEANING COWGIRL

Give her the power to take control for a wave of unstoppable pleasure. Start by laying on the bed flat as she mounts you. Once securely inside of her, have her move up and down using her leg muscles to build momentum. Help maintain her balance by placing your hands on her waist as she finds a pace that works for her. By leaning forward, she can play with her movements by grating back and forth or in circles.



AGAINST THE WALL

This is a favourite position for a quickie and a great way to surprise her when she gets home from work. She should have the top of her back to the wall, resting on it for support, whilst leaning her hips forward and wrapping one leg (or both) around her partner to allow him to enter her (she may need to change legs every now and again). Both partners can alter the speed or depth of penetration and with her hips forward and in an upright position, this should help maximise friction against her enigmatic G-spot to hopefully bring her closer to orgasm.



THE LOTUS

Show your partner a night they won't forget with this ultra-sensual and intimate sex position. Start off with both of you sat facing each other with her legs bent at a slight angle and wrapped round your waist. This shortens the vaginal canal giving you access to deeper penetration the both of you can enjoy.



CROUCHING DRAGON

Begin with your partner on all fours with her knees at the edge of the bed, while you stand behind her with your feet hip width apart. As you position yourself in your partner, make sure to have her keep her knees close together. Not only will this narrow her vaginal canal but it will make her feel much snuggler as you thrust into her.

CHALLENGE YOURSELF

EXPERT



SNOW ANGEL

If you're looking for a smooth transition outside of your comfort zone, then this position is perfect. While you're on top of her, have her draw her thighs into her chest and place her legs over your shoulders. This position allows you to bring her pelvis off the mattress, gaining leverage and support using her thighs. The tilt of her hips will allow you to penetrate her deeper, while giving you explicit access to her mysterious g-spot.



THE BRIDGE

The Bridge requires a bit more flexibility from the woman, but with well-worth results! From the Missionary position, the man should sit up so that he's sitting on his ankles whilst the woman stays on her back with her feet flat on the floor with her hips raised towards the ceiling into a low bridge position. This will allow him to enter her in a perfect position. The new angle of penetration can create intense stimulation for her, plus it has the added benefit of toning her thighs and buttocks at the same time. Win-win!



THE HOT HALF HEADSTAND

Looking for the optimal enigmatic G-sport stimulations? This position leaves him in control while you relax and enjoy the stimulation. The Half Headstand sex position is a little tricky but it's a great way of working through the kinks together. Begin by placing yourself behind your female partner. Have her grab onto your ankles and aid her to raise her legs to your sides. When she has successfully wrapped both legs around your waist, start penetrating her from behind and enjoy the path to those big OOs.



CARNAL CRAVING

Quench your lusty desires with this sultry position and delve into a new world of pleasure. All that is required from you, and your partner, is decent upper body strength and low inhibitions. Begin by facing each other, then grab her waist and under her butt as you lift her towards you. Let her wrap her arms behind your neck and her legs around your waist for additional support as you begin to move at a rhythmic pace.



DOUBLE DECKER

Who says you and your partner have to limit your sexual trysts to just the bed? Lay on the couch as she sits down on top of you facing away. Lean back until you're propped up on your elbows with her back on your chest. Have her lean back and keep her knees bent towards her chest as you penetrate her. Not only will she appreciate the hug, but she'll enjoy the climax.

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