

The Best 15 Sex Techniques in Kama Sutra



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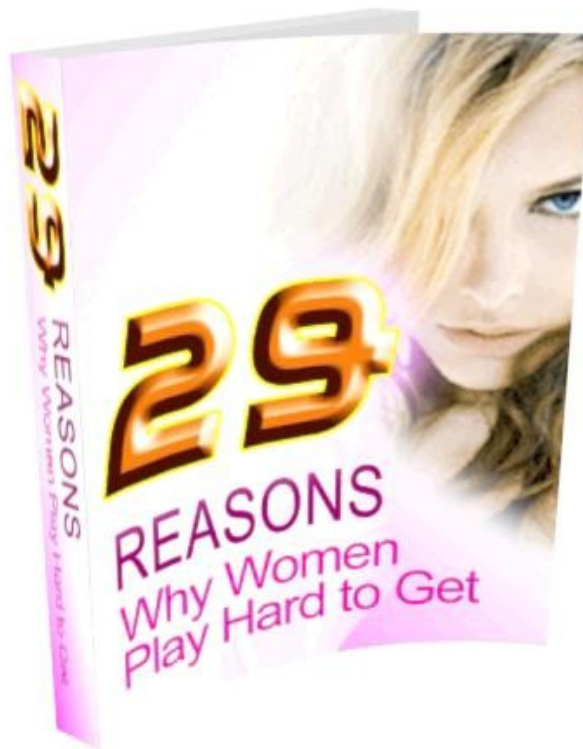
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Crid Lee also has a blog where he provides advices and tips on relationship. You can visit his blog by [Clicking Here.](#)

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Introduction

Kama Sutra, the word that will evoke anyone's mind on the most impossible lovemaking positions in the world. Each position mentioned brings different sensation to different couples that have tried them.

In the past, the most common sex positions are the ones that involve the woman lying down on their back with their legs in different positions. In modern sex positions, women enjoys being on top during lovemaking as they plays the role of the man.

The transition from one sex position to another can be done very naturally and smoothly if you know how to do it. It is more like a dance move that follows one after another. When we are talking about sex, it does not simply means having fun and pleasure but more of a union of the body and mind of couples.

Lovemaking should be a fun and pleasurable experience and not to be treated like a solemn business. Play is also an important part of the early stages of any relationship and definitely play in sex is of no exception.

To prepare for a passionate lovemaking session, you might wish to do the following preparation. Create the ambience of the room, by scenting the room with incense, heated essential oils or scented crystals. Have a shower together and massage each other to remove the fatigue and grimes of the day and also gets you into the mood for love.

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You may want to do some massaging for each other before you start the foreplay and kissing. Once you can get yourself and your partner into the mood, you can have a unforgettable lovemaking session.

A word of advice for the women, during the intercourse, if you starts seeing fatigue in your lover, and knowing that his desire is not satisfied, with his permission, get him to lie down on his back and she provide the assistance by playing his role.

Position 1: The Yawning Position

Lovemaking begins with having the man-on-top position, with both partners' legs outstretched. This often develops naturally into the Yawning Positions where the woman raises her thighs and spread them widely.

The restriction for this position is due to the woman's thigh as it does not allow for very deep penetration and the chances of stimulating her clitoris are lower. Offsetting that, this is one of the most erotic positions. The helplessness that she feels when her genitals are displayed can be the most powerful turn-on in this position.

Man: By leaning forward as you thrust and changing the angle of your thigh is an easy way to vary the depth of penetration.

Woman: By pressing your legs inwards against the sides of your man makes it easier to keep it raised.

Position 2: The Variant Yawning Position

This position is pretty much similar to the previous but it allows the deepest possible penetration, giving both partners indescribable intense pleasure. Due to the extreme depth of penetration, the woman should be fully aroused and her partner should enter after her vagina is completely dilated.

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This position is the continuation of the Yawning Position. Combining the ease of the missionary position and with greater penetration and an erotic element derived from the woman's leg still raised high in the air, this position will be far more satisfactory than the Yawning Position.

Man: Lean forward for a deeper penetration

Woman: Place one foot on either side of his head and rest your calves on his shoulders and brace against his body as he thrust.

Position 3: The Widely Opened Position

The woman lying down with her back arched, head thrown back and body raised to meet her partner spreading her legs wide giving an angle of entry to ensure deep penetration.

This position provides more satisfaction to the woman than the man as the genitals comes into contact. This is because this position gives her clitoris full exposure to the friction of the intercourse. However, he might simply miss the feeling of the tight containment as she closes her legs against his penis.

Man: Support yourself up by propping yourself up on your arms.

Woman: Keep your body arched to meet your partner and look into his eyes to increase the feeling of intimacy.

Position 4: Side-By-Side Clasping Position

It is highly recommended that to carry out with the gentle, relaxed, side-by-side clasping position, the man should always lie on his left hand side and the woman lying on her right hand side. However, this is just a suggestion.

This **CLOSE, LOVING** embrace position is highly reassuring, especially when the couple is in the early days of sexual relationship when lovemaking can cause anxiety. By wrapping around each other lovingly and keeping it at that for a while can remove all anxiety at the same time gives a comforting and unhurried start being together sexually.

For couple in established relationship, they will find great pleasure and reassurance in adopting this position during lovemaking. The gentle intimacy allows the couple to express and reinforce their feelings of loving tenderness towards each other.

Position 5: Clasping Position

This position creates more of an embrace than a practical sex position for sustained lovemaking. The intertwining of the limbs creates a feeling of special intimacy. This position can be performed either with the woman on her back and the man lying over her or with the man on his back and the woman lying over him.

This position does not allow deep penetration as movements are pretty much restricted.

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Position 6: The Pressing Position

Lovemaking is made fulfilling by unfolding a sequence of positions as the couples slips effortlessly from one position to another. In this way, the Clasp position leads naturally to the Pressing Position. The woman lying on her back and the man on top, grips her partner's thighs with her own to tighten her vagina around his thrusting penis

This position allows deep penetration and the more the partners roll around together and press their limbs against each other, the greater the sexual charge and the deeper the penetration can go.

Woman: Push one foot against the insides of his legs to help grip him better. Squeeze your thighs to vary the sensations for both by raising your thighs while squeezing him between them.

Position 7: The Mare's Position

This position also commonly known as the Reverse Cowboy Position can be applied in various positions. With the woman on top back facing the man, the woman employs her vaginal muscles (those that contract at orgasm) to squeeze the penis as if milking it. This position produces a highly desirable sensation in both the penis and the vagina.

This position is also for improving woman's vaginal tone after having babies. This improves their orgasmic response (stronger vaginal muscles leads to more powerful orgasm) and give their partner extra stimulation.

Man: You have a choice of position, with her back facing you, you can either choose to sit up supported with your arms or lie flat on your back.

Woman: You can self-stimulate by leaning back slightly to expose your clitoris and stimulate it with your fingertips.

Position 8: The Rising Position

The woman lying on her back, raising her legs straight up, above the shoulder of her partner. The man kneels in front of her and introduces his penis into her vagina. By pressing her thighs together, she squeezes him and increases the friction as he moves inside her, producing great sensation for both partners.

This position allows penetration in depth and vigorous thrusting. It can be achieved by holding her legs tightly against your body to reduce the risk of your penis slipping out during the thrust.

Man: Your partner's calves and feet are in easy reach of your hand, you can either caress or hold them to steady yourself during the vigorous thrusting.

Woman: By pushing the back of your legs against his shoulders while squeezing your thighs, you can instantly increase the sensual pressure on his penis.

Position 9: The Half-Pressed Position

From the Rising Position, the woman stretches one leg straight out, pass her partner's side, and bends her other legs at the knee, placing the sole of her foot on his chest. This position only allows gentle thrusting as the position constricts the vagina and the woman will only feel discomfort rather than intense pleasure if the man thrust too hard. This position also allows her clitoris to feel the movement of the intercourse.

Man: Rotate your hips as you thrust, varying the power and depth of your strokes. Use one hand to fondle her foot and the other to stroke the inside of her thigh.

Woman: If you feel tired holding your leg straight out, simply bend it at your knee and rest your heel on his buttock.

Position 10: The Pressed Position

Instead of having only one foot on his chest, place both feet on his chest for this. The woman draws her thighs back to her chest, bending her legs at the knee, places the soles of both feet against his chest. This position creates sensations for both that is subtly different from the Half-Pressed Position. However, the man must be able to find the depth and force of penetration that avoids causing pain to her shortened vagina.

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Psychologically, in this position, the woman assumes a submissive posture which can create an arousing subconscious emotion in both partners allowing the woman to feel vulnerable and the man powerful.

Man: During the intercourse, gently squeeze and knead her ankles and the top of her feet.

Woman: Push the soles of your feet against him and press your toes into his chest. At the same time, fondle the stroke his thighs, following the rhythm of his thrusting.

Position 11: The Crab's Position

This is a highly pleasurable position that constricts the vagina around the penis. It is done by having the woman lying on her back, bending and drawing in both legs and resting her thighs on her stomach. It somehow looks like a crab retracting its claws. The man can enter from a kneeling position.

The position allows penetration and vigorous thrusting. In order to maintain the balance and the rhythm while thrusting, he can hold on to her knees and bring it close to his chest.

Position 12: The Suspended Congress

The man leans against the wall, with the woman putting her arms around his neck, and he lifts her by holding her thighs or by locking his hands beneath her bottom.

This position requires a fair amount of strength from the man. If the woman is light or the man especially strong, he may be able to support her with one arm around her waist and using the other to caress her.

Woman: Clasp your hands tightly together behind his neck and grip his waist with your thighs and push your feet against the wall.

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Position 13: The Supported Congress

With the woman leaning against the wall, the woman rest one of her calves on the back of the man's thigh, the man press himself against her for deeper penetration. The advantage of having sex by leaning against the wall is that with the woman firmly supported, it is easier for the man to thrust vigorously.

Man: During thrusting, hold her thighs to help control the movement. Stand with your feet slightly apart for extra balance.

Woman: For deeper penetration by the man, spread your thighs by wrapping one of your legs around his.

Position 14: The Congress of A Cow

The powerful symbolism of mating animals can serve to heighten passion for couples during lovemaking. This challenging rear-entry posture in which the woman bends over with her legs straighten, both feet on the ground, supported by her hands, and her partner mounts her like a bull.

This makes deep penetration possible for the man as it allows him to control the depth and force of his thrusts.

Although this position is much harder for the woman to get orgasm, the man can further stimulate his partner by reaching around the front of her thighs to stroke her clitoris with his fingers. The stimulation should be done together with the rhythm of his thrusting.

Man: By holding her hips or waist, you can push or pull her in time with your own movement.

Position 15: The Elephant Posture

This is another 'animal' posture following the Congress of A Cow. The woman lies facing down on her breast, stomach, thighs and feet all touching the bed. The man lies over her with his back slightly arched inwards.

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Once the man enters inside her, the woman can then intensify the sensation for both partners by pressing her thighs closely together. This type of rear-entry position allows deep penetration and the man can control the force and depth of penetration.

Man: Lift yourself up by supporting either on your hands or forearm. For penetration, pass your penis between her slightly parted legs into her vagina.

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Conclusion

The purpose of creating this report is to share with everyone about the various positions and the impact of each during lovemaking. The topic of lovemaking and sex is common in this modern society and the purpose of this report is also to allow all individuals to have pleasure times with their love ones while making love.

Exploring new positions and unknown positions is a good way to improve sexual health as the pace of life is getting faster and faster and couples are not doing what they are supposed to be doing due to fatigued and stress in work.

As we all know that sex is one of the best distressing exercise that exist in the world and therefore I do hope that you have benefited from this report one way or another.

If you find this report useful, you might wish to recommend it to your friends or even drop me a testimonial at support@TheKamaSutraOnline.com

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The End