
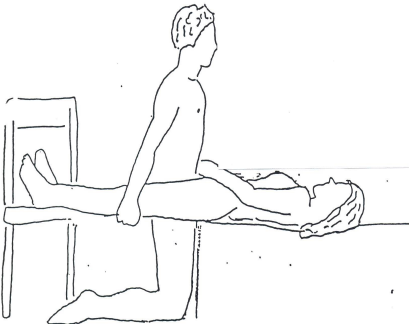


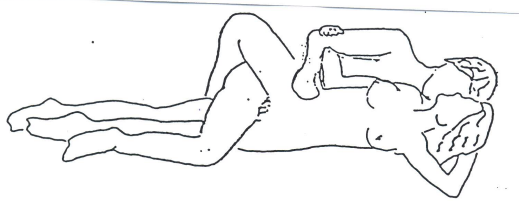




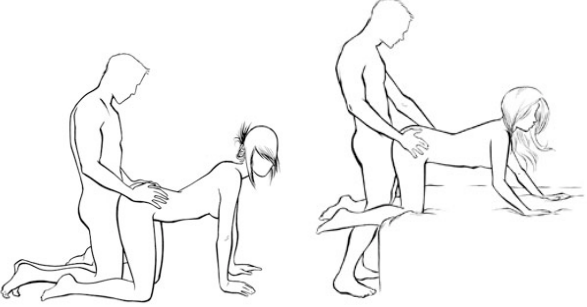




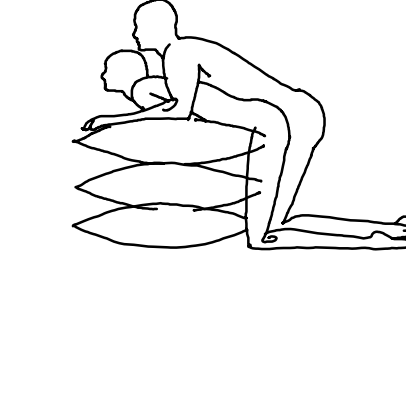

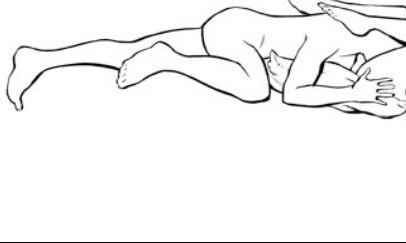

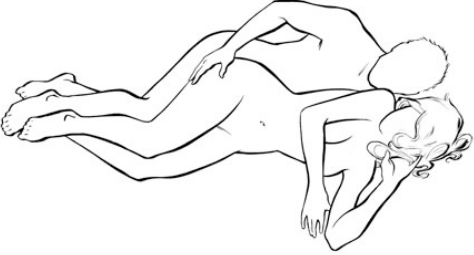


	<p><b>The missionary position:</b> is an especially intimate position allowing for face-to-face contact. You can control penetration depth and speed of thrusting allowing for maximum skin-to-skin contact.</p> <p><b>Benefits:</b> Lots of eye and body contact.</p> <p><b>Option:</b> Push up to create space in between for you to sneak a small vibrator down for increased stimulation. Raise the left leg so the knee is level with the right shoulder. Keep the other leg flat on the bed. Thrust toward the inner thigh of the raised leg. This adjustment creates tighter penetration and more clitoral pressure.</p>
	<p>This is a variation of the above position. Wrap your legs and arms around the top partner to allow to more skin-to-skin contact. You can supply movement by putting your arms and hands around the partner's neck and shoulders and pulling your body up and forward during thrusts for deeper penetration.</p> <p><b>Benefits:</b> Relaxing position with deeper penetration and increased intimacy.</p>
	<p>Lie on your back, and position your legs on a chair straight while keeping them spread apart. The top partner positions themselves between your thighs and grabs your hips for leverage with extra movement.</p> <p><b>Benefit:</b> The bottom partner's hands are free to explore erogenous zones on themselves or their partner. This is a comfortable position if she's pregnant or when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes.</p>
	<p><b>Face to Face:</b> Sit on the edge of the bed, or a wheelchair with the armrests removed. The top partner then faces you, wraps their arms around your back, climbs on top, and sits on your lap. Assist by grabbing their buttocks and lifting and bouncing.</p> <p><b>Benefits:</b> Allows for face-to-face intimacy. There's lots of room for creativity in this position for stimulating erogenous areas of the upper</p>


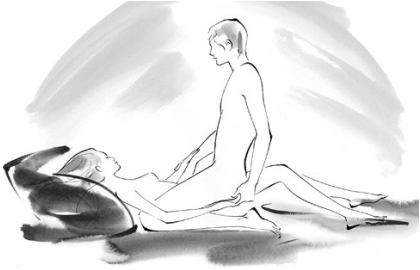


	<p>body, head, neck, and face.  This position is a good option for those who have range of motion limitations or for those who appear to have more spasticity when lying down.</p>
	<p><b>Side Lying:</b> Have one partner lie on their back with their partner side lying next to them. The partner lying on their back then raises both of their legs and wraps it around the partner's thighs.</p> <p>Benefits: Offers a natural bridge for more creative positions. Maintain eye contact to increase intimacy. Maybe a good option when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes.</p>
	<p><b>Side Lying:</b> You both lie on your sides facing the same direction. Have one partner wrap their top leg over the other partner's thigh. This helps with supporting each other in a side lying position. Adjusting the lean of your bodies will vary the angle of entry and help with rocking and thrusting.</p> <p>Benefits: Comfortable position if she's pregnant or when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes. Arms are free to caress self and partner.</p>
	<p><b>The Pretzel</b></p> <p>Variation #1: Lie on your left side while your top partner kneels and straddles your left leg. Wrap your right leg around the right side of his waist, which will give him access to enter. The top partner can use your right leg as a stabilizer for extra movement.</p> <p>Benefits: The deep penetration of rear-entry style while face to face. This position allows you to lounge comfortably while enjoying deep penetration. Your hands are free to roam for additional stimulation for yourself or your partner. Good option for those who have ileostomies or supra-pubic tubes.</p> <p>Variation #2: Lie on your left side while your top partner kneels and straddles your left leg. Extend</p>




	<p>your right leg out onto the bed in front of you perpendicular to your body giving the top partner a better view of your behind.</p> <p>Benefit: The unique angle of this sideways sex creates sensations that are different from typical from-behind intercourse because it puts you in position to stimulate other erogenous zones.</p>
	<p><b>The X position:</b> Sit on the bed facing each other with legs forward. Have the top partner lift their right leg over your left and lift your right leg over their left. Now, both of you lie back with your legs forming an “X”.</p> <p>Benefits: Prolonged slow sex to build arousal with leisurely gyrations.</p> <p>Option: Reach out and hold hands to pull together for pelvic thrusting. Also, take turns alternatively sitting up and lying back without changing the rhythm while using arm support</p>
	<p><b>The Pole Position:</b> Lie on your back and bend one of your legs, keeping the other outstretched. The top partner straddles the raised leg with a thigh on either side so that their back is facing you. The top partner should hold your knee and use it for support as they rock up and down.</p> <p>Benefits: The top partner can press hard against your upper thigh rubbing as the feeling dictates. Maybe a good option when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes.</p>
	<p><b>Stand and deliver:</b> Stand at the edge of a bed or desk while you lie back and raise your legs to your chest. Your knees are bent and held as if you're doing a "bicycling" exercise. The top partner can grab your ankles to assist with extra movement or hold your legs against your chest. Thrust slowly as the deep penetration may be painful.</p> <p>Benefits: This face to face position allows for more intimate moments created from eye contact to additional stimulation due to your available hands.</p>

	<p><b>Leap Frog:</b> While on your hands and knees, your partner can enter from behind either while kneeling or standing, being able to thrust deep. Some partners may find this painful so begin slowly and gently.</p> <p><b>Benefits:</b> Deep penetration and an ideal position for G-spot stimulation. Seeing the round curves of your rear tends to be highly erotic for your partner.</p> <p><b>Option:</b> With their legs outside of yours, your partner can use their thighs to squeeze your knees together, which tightens the area around the penis. The use of straps may be helpful in raising the bottom partner's hip upwards. The bottom partner can also rest their chest onto the bed allowing for deeper penetration and altered sensations.</p>
	<p><b>Intimate Sitting:</b></p> <p>Variation #1: Place pillows behind your back and sit on the bed with legs outstretched. The top partner straddles your waist, feet on the bed, and then bends their knees to lower onto you.</p> <p><b>Benefits:</b> Puts the person on top in control; maintains intimacy.</p> <p>Variation #2: The bottom partner sits cross-legged (yoga-style), with the top partner sitting on their lap facing each other. The top partner wraps their legs around the bottom partner and hug each other for additional support and movement.</p> <p><b>Benefit:</b> Rhythmical rocking movements are ideal in this intimate position.</p>
	<p>In the 69 position, the top person can control the intensity of oral stimulation by lifting or pressing their pelvis. Your hands can be used for additional stimulation on your partner's body.</p> <p><b>Benefits:</b> Simultaneous oral pleasure.</p> <p><b>Option:</b> Roll over onto your sides in the 69 position.</p>
	<p>Have your partner straddle you by placing their knees at your ears. They can hold onto a wall or headboard for support. While you're doing your thing, they can use their hands to add extra stimulation.</p> <p><b>Benefits:</b> They can direct the position of your tongue and the pressure by rising up or pressing down. This is a comfortable position for the</p>




	<p>bottom partner.</p> <p>Bend your body over the arm of a couch as your partner enters you from behind.</p> <p>Benefit: Ideal for positions outside of the bedroom.</p>
	<p>Arrange a wedge or positioning pillow on the floor to support weight. Your partner lies on top with both of you facing in the same direction, their chest against your back and their arms over yours. Using the pillows for support, open your legs so your partner can kneel between them and enter you from behind.</p> <p>Benefit: The partner's whole upper body is one with yours, giving intimacy and adding head-to-toe connection. Focus on this skin-to-skin contact to add yet another sensation to the mix. This position helps give the bottom partner stability</p>
	<p>Sit in a wheelchair with armrests removed, legs wide open, and with your partner kneeling in front of you. This is a good position for either beginning the slow build-up with loose, broad, strokes, or ending with strong suction. You are able to guide your partner, and get a full view of them between your legs.</p> <p>Benefits: Great position for visual stimulation.</p>
	<p>Place a pillow under your hips to tilt your pelvis up. Bend and hold your legs with your hands or straps so you can place your feet on your partner's shoulder blades.</p> <p>Benefits: This position is ideal if you prefer a strong, upward stroking motion</p>
	<p>Variation #1:</p> <p>Sit on the edge of the bed or on a wheelchair with your feet on the floor. The person on top turns away and backs up onto you, sitting between your legs. They can ride back and forth by pushing off the chair arms or pressing up with their feet. They can control the angle of entry by arching their back and pressing their buttocks into your groin.</p>

	<p>Benefit: The person on top can reach under and manually stimulate you. Meanwhile, you can reach around and stimulate them.</p> <p>Variation #2:</p> <p>The bottom partner can put their back against a wall and outstretch their legs to allow for additional trunk support. With the bottom partner's leg outstretched, the top partner can kneel over the bottom partner allowing for controlled movement with their legs in a position either for comfort or movement.</p> <p>Benefits: Good G-spot stimulation (upper 1/3<sup>rd</sup> of the vaginal wall)</p>
	<p><b>The Spoon:</b> You both lie on your sides facing the same direction. One partner bends their knees and pushes their rear back toward the other partner for easier access. Adjusting the lean of your bodies will vary the angle of entry and help with rocking and thrusting.</p> <p>Benefits: Comfortable position if she's pregnant or when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes. Also ideal for long lovemaking sessions. Good position for falling asleep afterward.</p>
	<p>Begin by lying on your sides and facing one another. One partner spreads their legs slightly to allow access, then closes their legs so the part of the shaft that's outside can press against the clitoris.</p> <p>Benefits: A very intimate face-to-face position that encourages hugging and kissing.</p> <p>Option: Use techniques such as grinding, circular, and up-and-down motions for added stimulation. A pillow may be used between a partner's lower legs and/or behind their back for support and stability.</p>
	<p><b>The Spider:</b> Both of you are seated on the bed with legs toward one another, arms back to support yourselves. The top partner's hips will be between your spread legs, knees bent and feet outside of your hips and flat on the bed. Now rock back and forth. This position requires significant upper extremity strength and balance.</p> <p>Option: Clasp hands and pulls one partner up into</p>

	<p>a squatting position while the other lies back. Or you can remain seated upright and pull them against your chest.</p> <p>Benefits: You both can still be intimate and maintain eye contact and the top partner can control the degree of penetration. Maybe a good option when either or both partners are obese. Good option for those who have ileostomies or supra-pubic tubes.</p>
	<p><b>Spider 2.0:</b> From the position above, the top partner can lift their legs onto your shoulders, which increases the muscular tension that advances the orgasm sequence. By elevating their butt off the bed, it will be easier for them to thrust and grind in circles.</p>
	<p><b>Cowboy:</b> With the male-on-top position, the female can lie on their back while the male straddles their hips. Gently insert him through the narrower opening created by the female's semi-closed legs.</p> <p>Benefits: Tightness increases the intensity of the penetration. Arms are free to caress each other for a more intense buildup.</p>
	<p>Have your partner kneel on the floor while you lie on the edge of the bed. Raise and support one of your legs by wrapping your hands around the hamstring just below the knee. With one hip raised, you'll be able to add some movement to aid in their stroking or to help move them to the perfect spot.</p> <p>Variation #2:</p> <p>Have your partner lie on a table or countertop while you wheel up to provide oral stimulation.</p>
	<p>Lie on the bed with your legs closed and have your partner straddle your legs.</p> <p>Benefits: Allows for slow buildup. Some women find direct clitoral stimulation uncomfortable. Closing the legs during oral sex may help.</p>

	<p>While sitting on the bed, have your partner back onto you facing away and looking towards the floor. The bottom partner can support themselves with outstretched arms. The top partner can grab their partner's hips for extra leverage and movement.</p> <p>Benefits: Less strenuous than the standing varieties, while still offering intense sensation.</p> <p>Option: Try this position while sitting on the edge of a bed with your back against the wall or in a wheelchair without armrests. Movement is limited, but penetration is deep.</p>
	<p>Lie on your back. The top partner can kneel between your legs and raise them, resting your calves over their shoulders. Rock in a side-to-side and up-and-down motion. Because this angle allows for deep penetration, thrust slowly at first in order to avoid causing discomfort.</p> <p>Benefits: Allows deep penetration and targeting the G-spot (Upper 1/3<sup>rd</sup> of the vaginal wall).</p> <p>Option: Bring your legs down and place your feet on their chest in front of their shoulders. This allows you to control the tempo and depth of penetration.</p>
	<p>Lie down with the top partner straddling your hips. The top partner can rock in a forward/backward motion or up/down. The bottom partner can assist with these motions by grabbing the partner's thighs and giving extra momentum.</p> <p>Benefits: Puts the partner on top in control of movement when your strength and endurance are low. Great for manual genital stimulation. This position allows for a variety of interesting sights and sensations, and offers the psychological advantage of taking charge of pace and depth of penetration.</p>



	<p>Lie down with the top partner straddling your hips and facing your feet. Have the top partner lean forward or back to change the angle of the penis for greater stimulation.</p> <p>Benefits: With a pillow under your head, you will have a better visual view of your partner. The top partner can control the depth of penetration and pace. Great option for those with ileostomies or supra-pubic tubes.</p>
	<p>Lie face down on the bed, knees slightly bent and hips slightly raised. For comfort, and to increase the angle of her hips, you can place a pillow under your lower abs. Your partner can enter from behind by propping up with their arms or resting their chest against your back. This position possibly creates narrowing of the vaginal canal.</p> <p>Benefits: May intensify pleasurable sensations.</p>
	<p>Sit on a chair, the edge of the bed, or a wheelchair with the armrests removed. The top partner then faces you, wraps arms around your back, climbs on top, and sits on your lap. Want to go faster? Assist by grabbing their buttocks and lifting and bouncing.</p> <p>Now try this: The top partner can sit astride facing you on a rocking chair. Old wooden rockers on hardwood or stone floors provide more movement.</p> <p>Benefits: Allows for face-to-face intimacy; cozy for long sessions. There's lots of room for creativity in this position for stimulating erogenous areas of the upper body, head, neck, and face.</p> <p>This position is a good option for men who have range of motion limitations or for men who appear to have more spasticity when lying down.</p>