

# Sex Positions Guide

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More pleasure brought to you in partnership with **L E L O**

# Re-assume the positions

Hello there, pleasure lover. This guide was created to help you tailor your perfect sexual experience, with foundational positions you can mix and match. Just like yoga, everyone’s got their favorites...but let’s be honest, yoga wishes it had these moves.

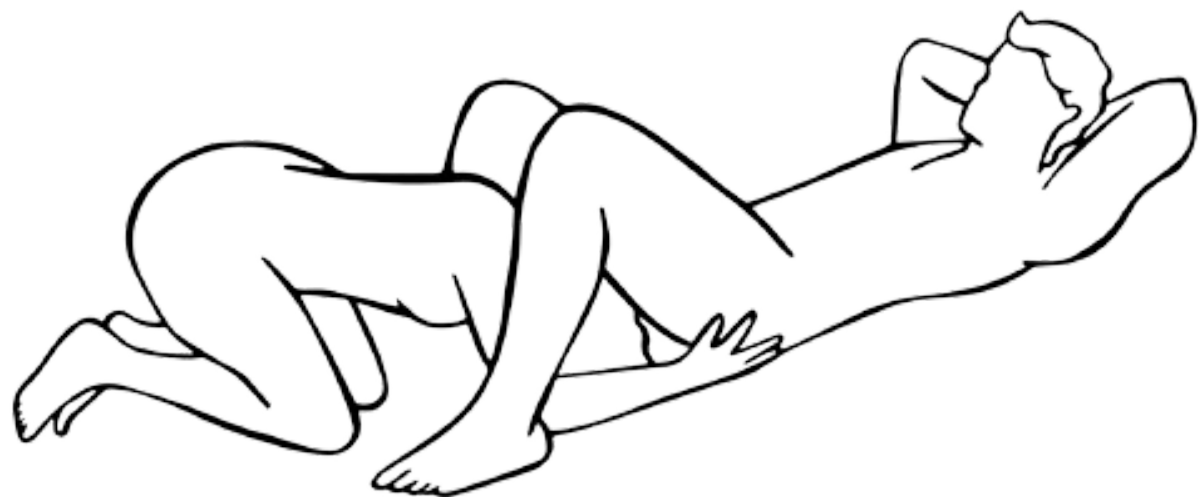
As you go through this guide, note your existing favorites, then choose at least one fresh position you’d like to try soon. Work into your repertoire as frequently as you like.

Let’s begin, starting with...

## Oral Sex Positions *Give Them Lip Service*

**Go down on them from every angle.**

**Oral Sex.** Receiving partner lies on their back, giving partner positions themselves between their partner’s open legs. Giving partner applies their tongue and mouth to their partner’s genitals. The classic.



**Doggy Style Oral.** Receiving partner lies face down, hips lifted, using forearms for support. Giving partner positions their mouth between their legs, applies tongue and mouth to genitals. Feeling adventurous? Give oral to their anus.



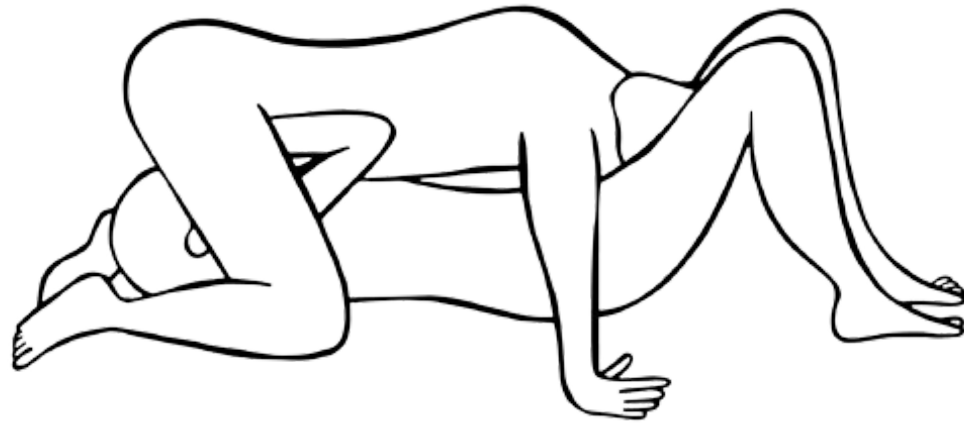
**Face Sitting Oral.** Giving partner lies down on their back. Receiving partner kneels over them, knees providing support (don’t sit all the way down). Giving partner applies tongue and mouth to genitals, hands roam where they may.



## Oral Sex Positions *Continued*

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**69.** One partner lies on their back, the other gets on all fours over them. Top partner, adjust your body to find a comfortable position. Both partners use their mouths and hands to pleasure each other's genitals. The great multi-tasker of oral sex.



**Standing Oral.** Receiving partner stands. Giving partner lowers onto their knees, and applies their mouth and tongue to their partner's genitals. A little kinky? Definitely.



**Kivin Method.** Receiving partner lies on their back. Giving partner approaches them from the side, perpendicular, to give them oral. Receiving partner can drape a leg over their shoulder for better access. Very orgasmic.

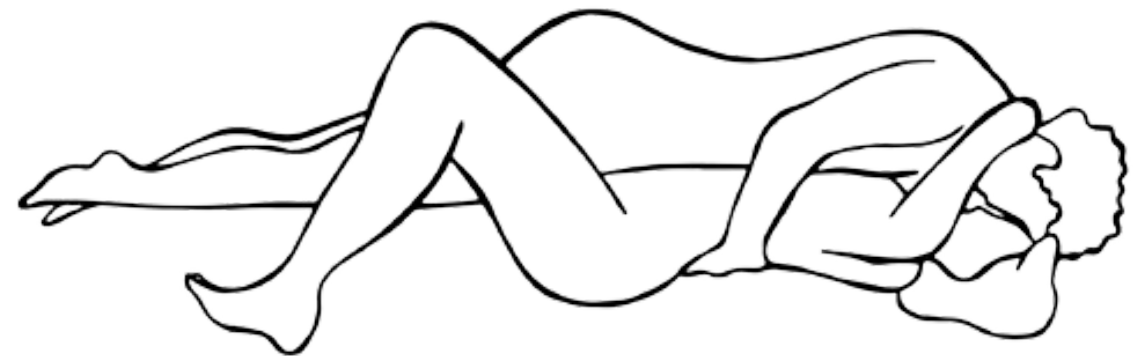


## Intercourse Positions *Penetrative Pleasure*

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**Foundational moves to have in your repertoire.**

**Missionary.** Receiving partner lies on their back, penetrating partner faces them on top. Add spice to this vanilla: receiving partner, put your legs over their shoulders for deeper penetration.





**Pillow Position.** A riff on Missionary. Receiving partner, place your hips on top of a pillow. Penetrating partner, position yourself on your knees, and lift their leg for better access. Enjoy.



**CAT/Coital Alignment Technique.** Have the penetrating partner scoot up a few inches over the receiver, so that both of you can align pelvis to pelvis. Create a steady rocking motion, not a thrust. The focus is on the clitoris hitting the base of the penis or mons pubis if the giver is wearing a strap-on.



**Cowgirl / Cowboy.** Penetrating partner lies on their back, receiving partner straddles them on top, facing them, using knees for support. Receiving partner: if you lean back, you've got plenty of room to stimulate your clitoris with a hand or a toy (my pick: XX).



**Reverse Cowgirl / Cowboy.** Penetrating partner lies on their back, receiving partner straddles them on top, facing away from them, using knees for support. Enjoy that full moon view, penetrating partners.



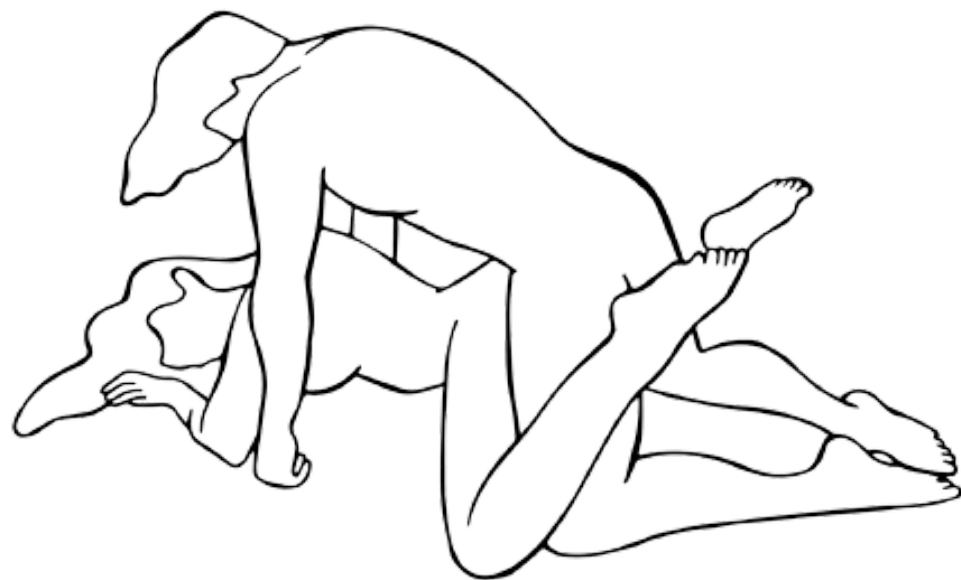
## Intercourse Positions *Continued*

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**Spooning.** Both partners lie on their sides, penetrating partner enters from behind. Lots of cuddles, skin-to-skin contact, and open access to the receiving partner's clitoris.



**Flat Iron.** Receiving partner lies on their stomach, hips lifted. Penetrating partner gets on all fours, and enters from behind. Just like Rear Entry / Doggy Style, but with less dramatic angles.



**Rear Entry / Doggy Style.** Receiving partner gets on all fours, penetrating partner enters them from behind. Enjoy the deep insertion and, if you're feeling kinky, the inherent power dynamics of this position.



**Pretzel.** Receiving partner lays down on their side. Penetrating partner faces them on their knees, straddling one of their legs, drapes the other leg over their hip. An excellent choice for couples with height differentials.



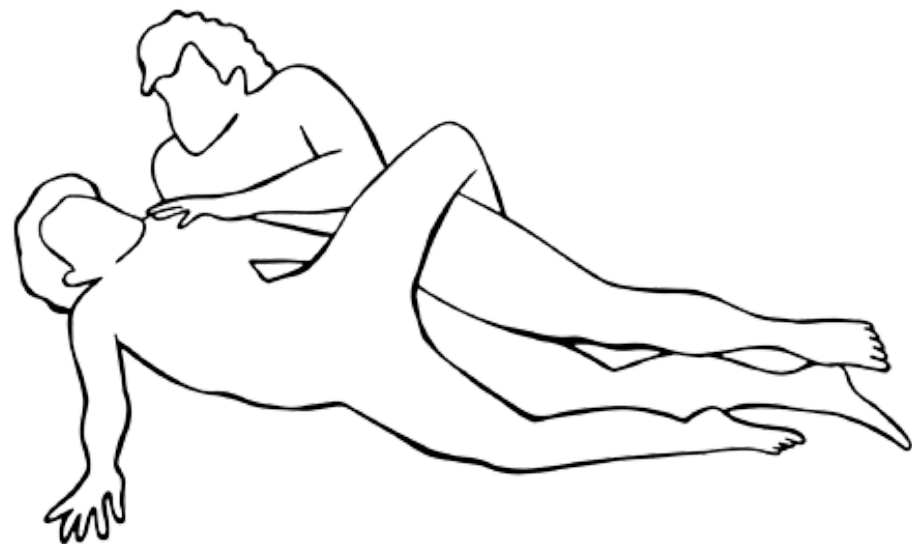
## Intercourse Positions *Continued*

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**Sitting.** Penetrating partner sits on a chair or the edge of a bed, while the receiving partner sits in their lap, facing them and straddling them. Love eye contact? You'll love this position.



**The Fork.** Similar to Spoon, both partners start on their side. Receiving partner wraps their top leg around the top of the penetrator's legs. Now you've got a Fork. Pro tip: the penetrator can also wrap their top leg around the receiver's body for extra skin-to-skin contact.



**Lotus.** Penetrating partner sits on a flat surface, while the receiving partner sits in their lap, facing and straddling them. If you're into it, receiver, you can lean back and create erotic visuals while your partner holds your hips.



**Standing Wheel Barrow.** Receiving partner starts on all fours on the ground, while the penetrating partner lifts up their legs, entering them from behind. A+ for athleticism.



# Anal Positions

Take it to the Back

**Bottoms up:** two classic positions for anal play.

**Facedown Anal.** Receiving partner lies face down with their legs slightly apart, and hips lifted until they find a comfortable, sustainable position. Penetrating partner enters their anus from behind, slowly, mindfully, and with lots of lube.



**Standing Doggy Anal.** Receiving partner gets on all fours on the edge of a bed, while penetrating partner enters their anus from behind. As exciting as it is, don't go from zero to sixty: go slow, talk to each other, use all the lube.



# Everything's better with toys...

To make any position more mutually orgasmic, call in a sex toy. Click the image to shop.



## LELO TOR 3

Vibrating penis rings keep the wearer hard, while stimulating the clitoris or anal opening of the receiver. Mutual satisfaction: we love to see it.

**Try It During:** CAT, Missionary, or Cowgirl / Cowboy.

The face-to-face sex positions will feel even better with this strong penis vibe.



## LELO SONA 2 CRUISE

Sonic clitoral massagers feel like the best oral sex of your life, if you've got a vulva. Unlike a traditional vibe, they use sonic pulses to reach deeper inside the clitoral structure, increasing pleasure in both foreplay and solo sex.

**Try It During:** Reverse Cowgirl or Spooning.

Penetration + SONA 2 Cruise's sonic vibes to the clitoris = out of this world orgasms.



## LELO HUGO 2

Prostate massagers give you a backstage pass to pleasure. If you've got a penis, you've got a prostate, which you can stimulate during solo sex or couples play. This is no ordinary orgasm: prostate O's are deep and full-body.

**Try It During:** Solo sex.

If you've got a penis, you haven't lived until you've given yourself a prostate massage with HUGO 2 while you masturbate.



## LELO DOT CRUISE

Bullet/pinpoint vibrators are small, versatile toys commonly applied to the clitoris, perineum, nipples, or other erogenous zones during sex and foreplay.

**Try It During:** Doggy Style.

For those with a vulva, this powerful pinpoint vibrator feels amazing on the clitoris during penetration.



## LELO TIANI 3

Couples' massagers give penetrative sex an extraordinary upgrade. These toys have two arms: one that goes inside the vulva to stimulate the G-spot, one that goes outside to stimulate the clitoris. Once in place, there's still room for a penis, so you can enjoy vibrations while you have sex.

**Try It During:** Flat Iron, Fork, Sitting or Lotus.

These are intimate face-to-face positions that allow you to find your sweet spots, while you both feel vibrations from TIANI 3.



# Make these positions your own

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Want to curate an incredible night of sex? Try these tricks.

**Text your partner, and tell them you've got a new position to try.**

Assuming you've got their consent, tell them the reasons you can't wait to try it with them specifically. The sexy view? How their body's going to feel? Go ahead...let your imagination run wild.

**Think about your ideal foreplay.** Great sex positions start with great foreplay, so here are some ideas to build arousal. Make out somewhere other than the bedroom. Kiss their neck, jawline, collarbone (in addition to their mouth). Tease over their underwear.

**Add a special sextra.** Light a bodysafe massage candle for a hot rubdown. Apply arousal gel to their nipples or genitals for sexy tingles. Blindfold them while you move into position.

**Stay communicative and collaborative.** Test-drive your positions with lots of communication. Questions like, "how does that feel?" "Do you like this?" "Want more?" help you stay connected as you try something new together.

XX,  
Emily