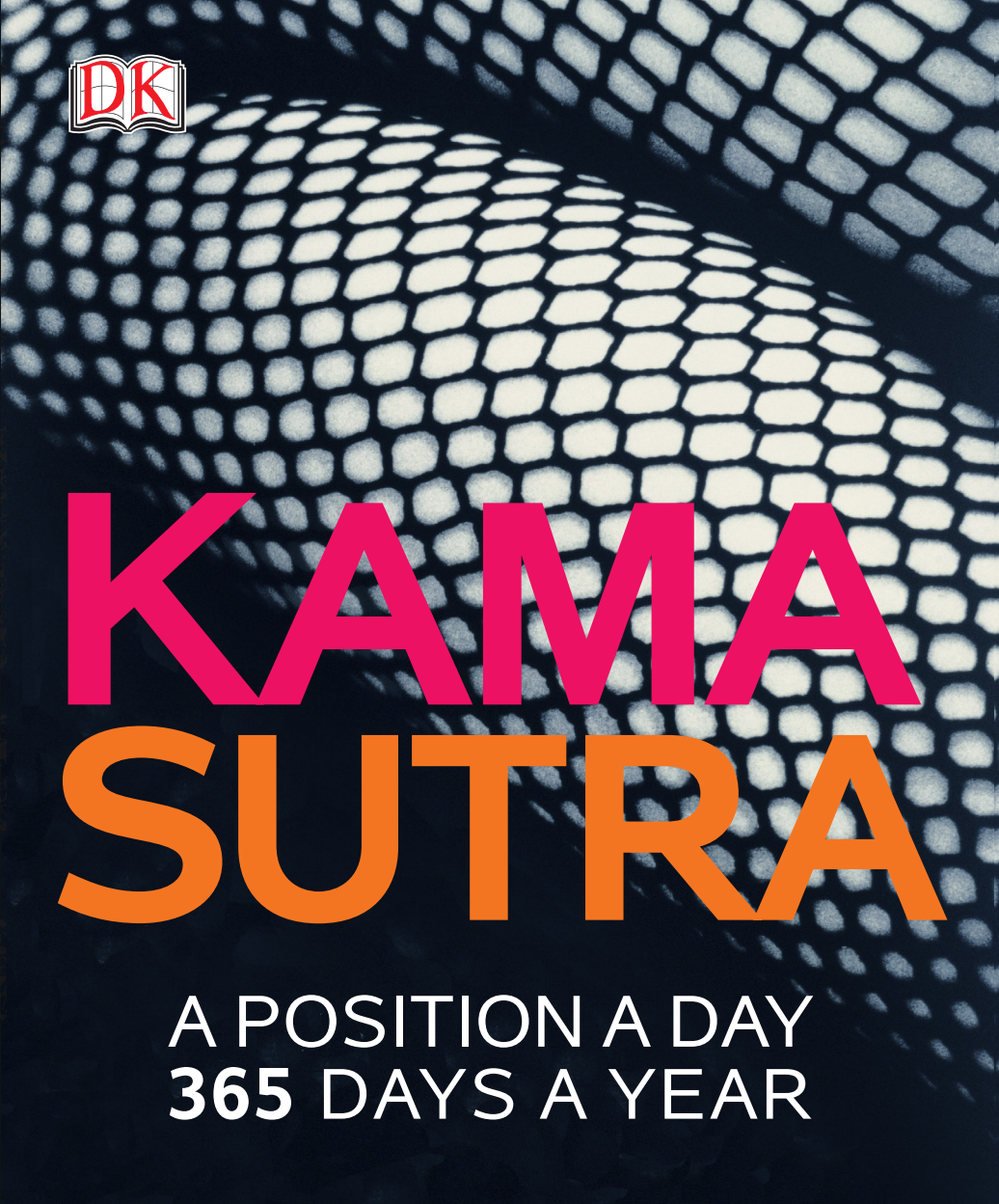

KAMA SUTRA

A POSITION A DAY **365** DAYS A YEAR

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A POSITION A DAY
365 *DAYS A YEAR*

LONDON, NEW YORK, MELBOURNE, MUNICH, AND DELHI

Author Claudia Blake
Managing Editor Dawn Henderson
Managing Art Editor Christine Keilty
Publisher Peggy Vance
Art Director Peter Luff
Preproducer Andy Hilliard
Producer Oliver Jeffreys
Creative Technical Support Tom Morse

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Introduction

Since time out of mind, we've loved spicing up our sex lives with a little variety. Have you ever wanted to dazzle a new lover with your wicked invention? Or to refresh the long-cherished intimacy you hold with the familiar love of your life? Or to try something totally new just for the fun of it? As it turns out, so did our ancestors.

Here, you'll find a position for every day of the year, inspired not only by the most famous love text in history but by other classic authors. Who hasn't heard of the Kama Sutra? Written sometime between the second and fifth centuries by the great yogi Mallanaga Vatsyayana, its aim was not just to share naughty secrets but also to reflect on the whole nature of pleasure, love, and how to live a fulfilling life. A grand work indeed, but not the only word on the subject: In these pages, you'll also find tips from other classics—the Smaradipika, the Ananga Ranga, the Panchasayaka, the Ratikallonlini—books written by poets, scholars and philosophers to enlighten lovers across the ages. If all that sounds scholarly, don't worry: Yourself and your partner are all you need to bring to the table... or bed, floor, staircase, or anywhere else you choose.

People are sexy creatures, whenever or wherever they're born, and we love to experiment. We all know that different positions are one way to shake things up: Sex is a physical conversation and the stance you strike at the beginning can do a lot for your tone. But there's more to it than just different twists and angles. Human beings are creative, and we like to work together making new and beautiful things. As the ancient writers taught us, sex can be part of that: To try new ideas in bed is to sculpt with sensation, to paint with love. Artists of former times knew that sex could be an art.

There are many ways you can read this book. You can leaf through, looking for a new favorite and trying whatever catches your eye. You can take on the huge and hilarious challenge of attempting one position every day—and whether you succeed or not, there's no question you and your partner will be happier, funnier, and closer for giving it a shot. If you're after something specific, you can also flip to the end, where you'll find a Random Selector pointing you toward our particular recommendations for whatever mood you're in.

Some of these positions are sensual, sleepy, or spiritual caresses. Some of them are limb-bending, brow-raising feats to make you feel tingly all over. All of them are a door to a creative playground where you and your lover can run wild.

The Positions

DAY *1* THE PULSING EMBRACE

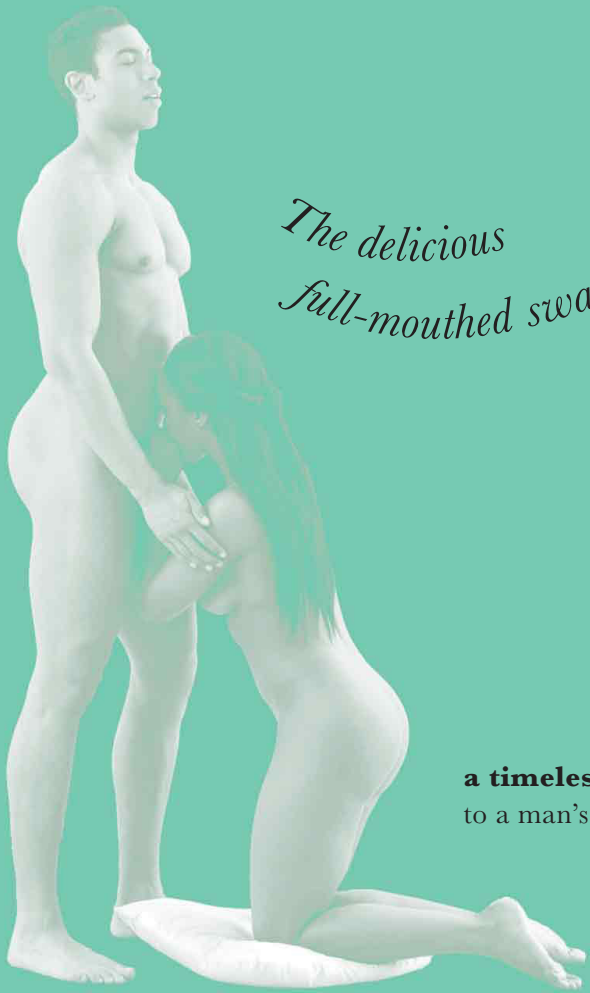
Meditate to the beat of your goddess's heart

a loving and sensual full-body caress

A fluttering breath of temptation

the Kama Sutra says this is for young virgins, but don't let that stop you

DAY 3 SUCKING THE MANGO STONE



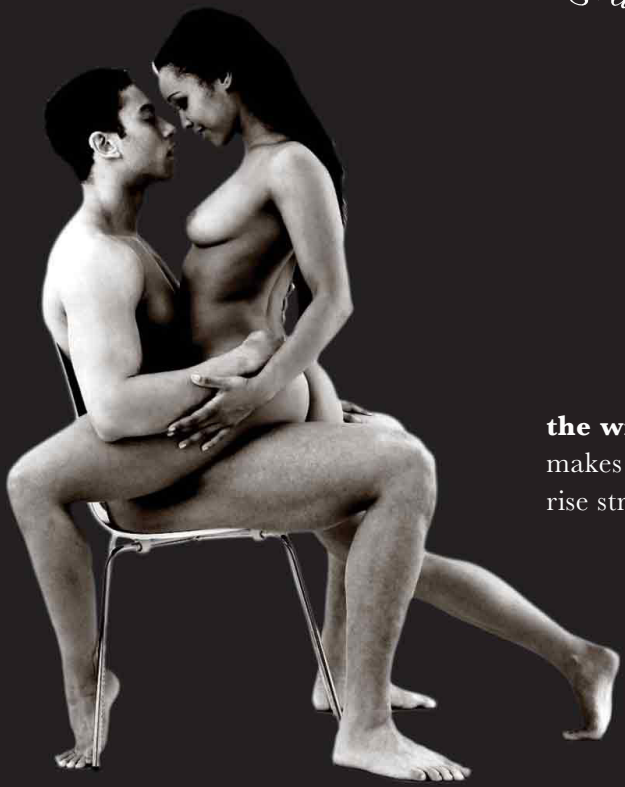
The delicious full-mouthed swallow

a timeless way
to a man's heart

Treasure her clitoris with delicate skill

lightly massage with fingertips on either side, moving in gentle counterpoint

Bring all your pride to this graceful seat



the wide-set posture makes the woman's back rise straight and haughty

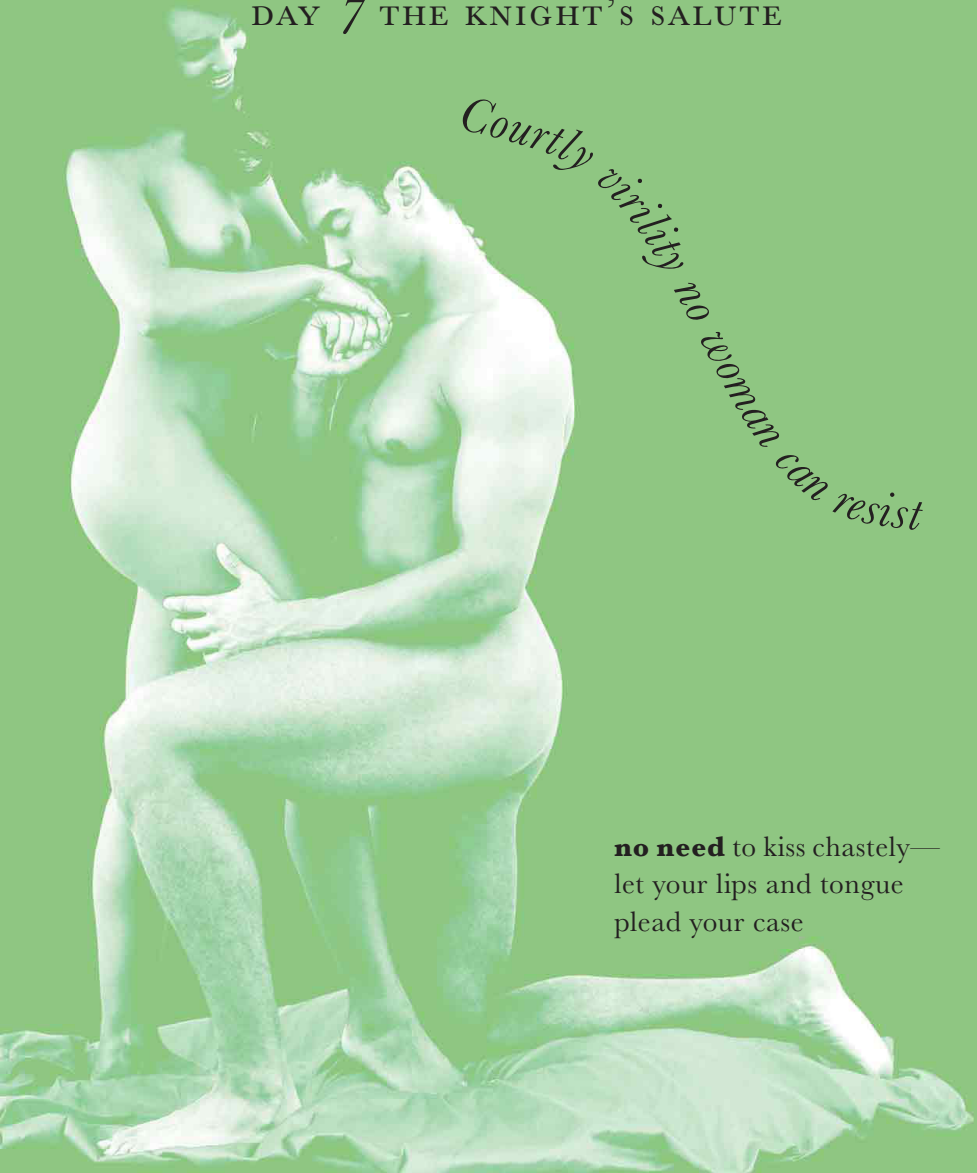
DAY 6 THE SNAKE EMBRACE

Twine together in unthinking bliss

eyes closed and heads averted, experience pure sensation

DAY 7 THE KNIGHT'S SALUTE

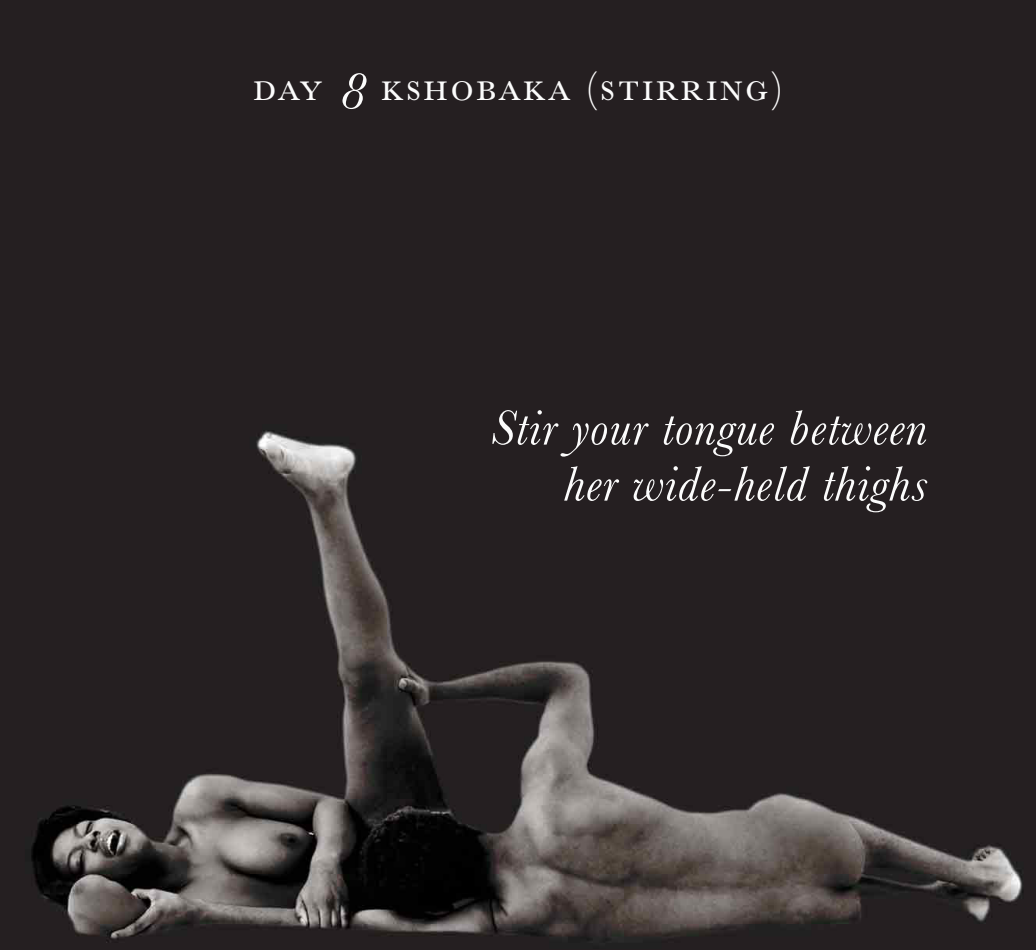
Courtly virility no woman can resist



no need to kiss chastely—
let your lips and tongue
plead your case

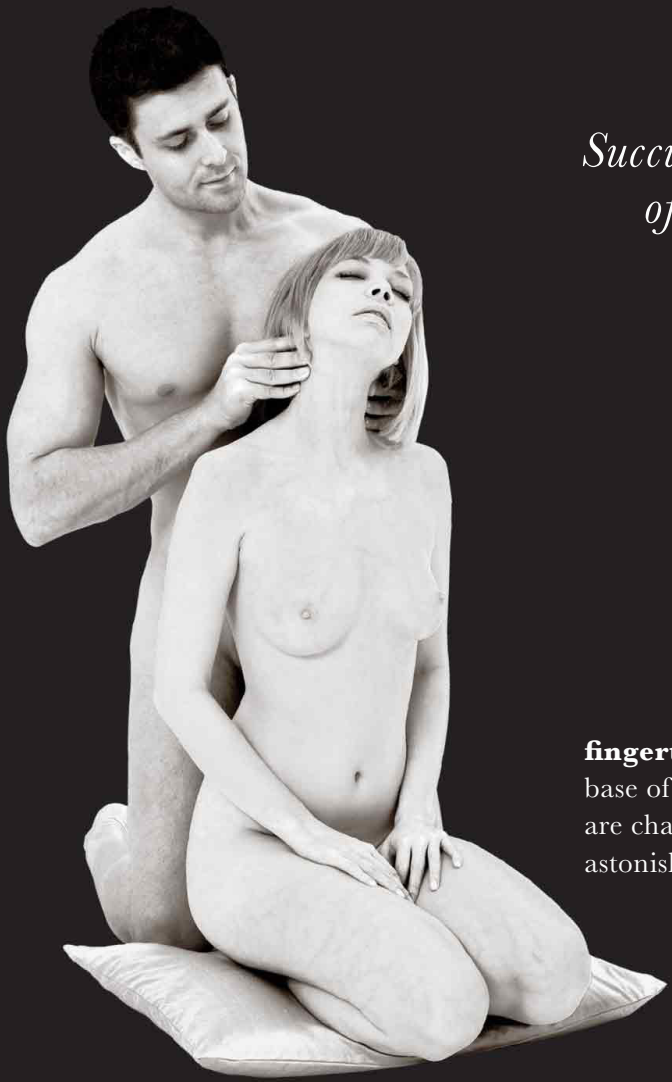
DAY 8 KSHOBAKA (STIRRING)

Stir your tongue between her wide-held thighs



the Kama Sutra describes this lapping movement as drinking at her sacred fountain

DAY 9 THE CUPPED BOWL



Succumb to a state of pure nurture

fingertips at the base of the skull are chaste, but astonishingly intimate

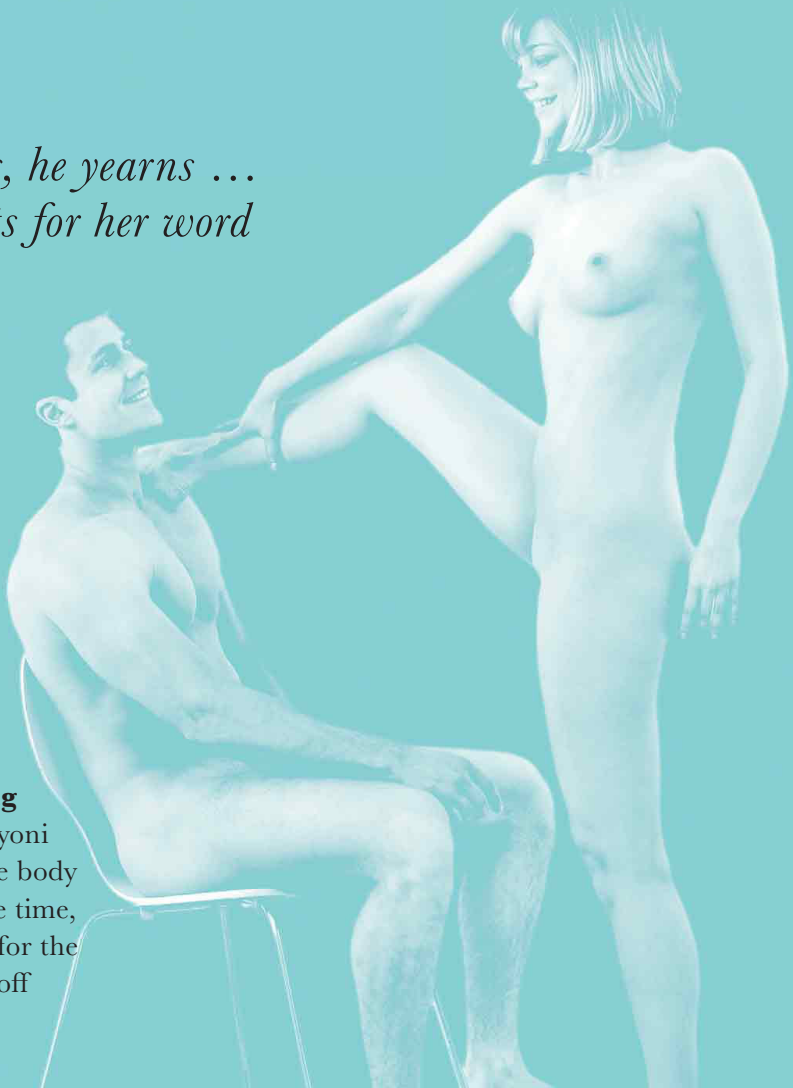
DAY *10* LOVERS' GREETING

So happy together you could dance on air

a wonderful way to reunite, no matter how long you've been parted

DAY *11* FLAUNTING THE PRIZE

He sees, he yearns …
he waits for her word



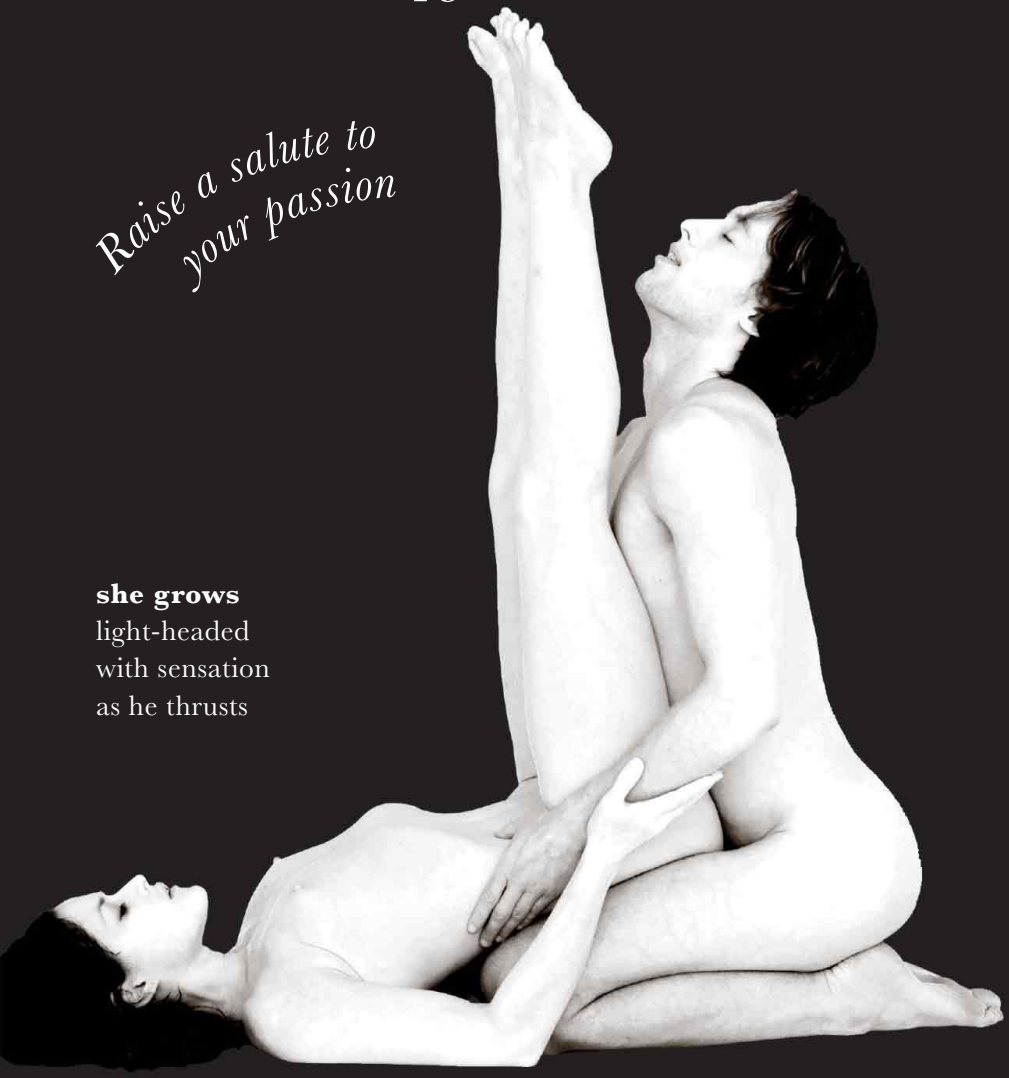
displaying
her pretty yoni
and flexible body
at the same time,
this is one for the
true show-off

DAY *12* THE BRAIDED REEDS

Twine thigh-to-genital and twist in mutual delight

a sleepy, sensuous caress for lovers newly acquainted

DAY *13* LOVE'S FLAG



Raise a salute to your passion

she grows
light-headed
with sensation
as he thrusts

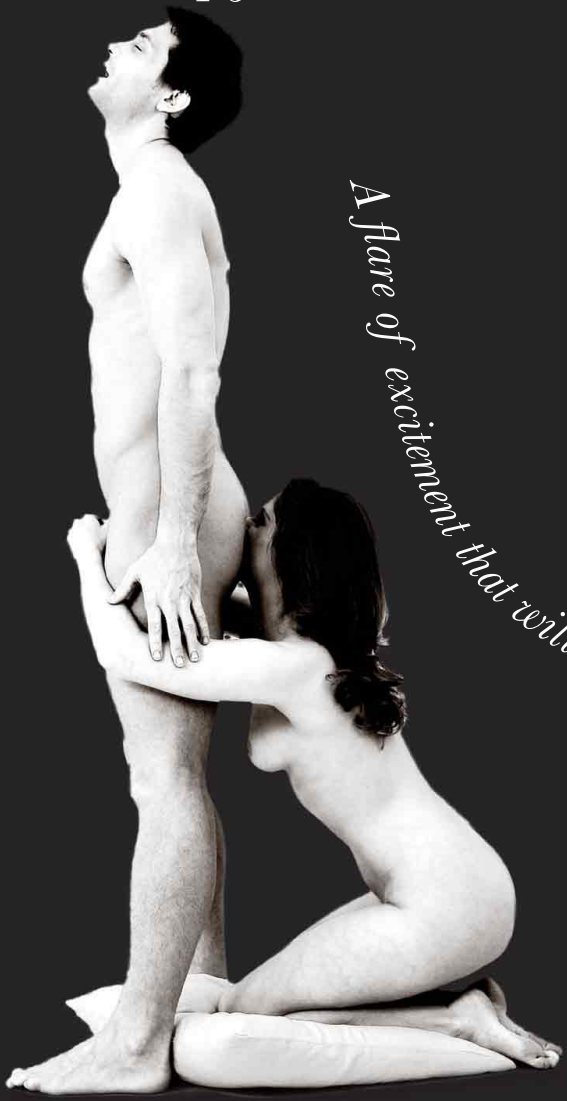
Lie still while your lover grinds you to ecstasy

a delicious chance for a man to let his hips do the talking

DAY *15* THE LIFTING VESSEL

As he drinks at his lover's delta,
she drinks pure air

a vibrant position that
helps the woman free herself
from shyness



A flare of excitement that will dazzle him

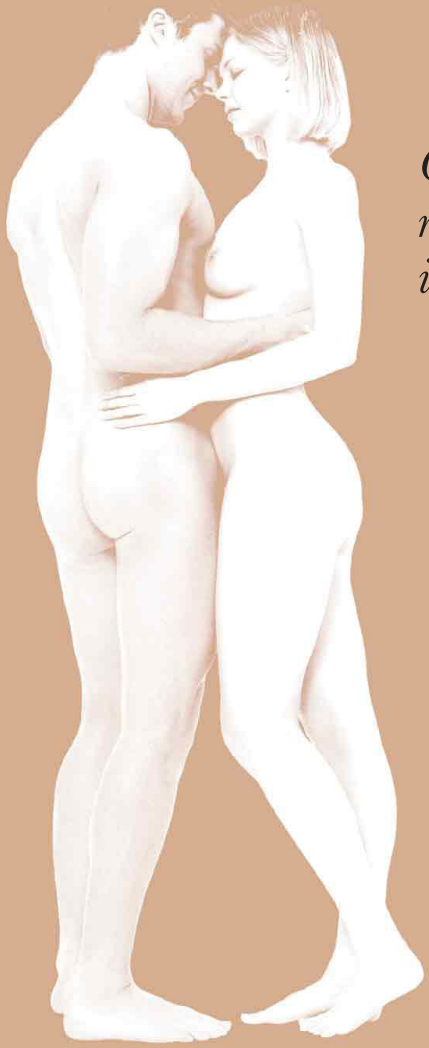
gentlemen, don't be shy: tell her how much you love this

DAY *17* THE WAVING BOW

Tickle him to distraction with your lovely tresses

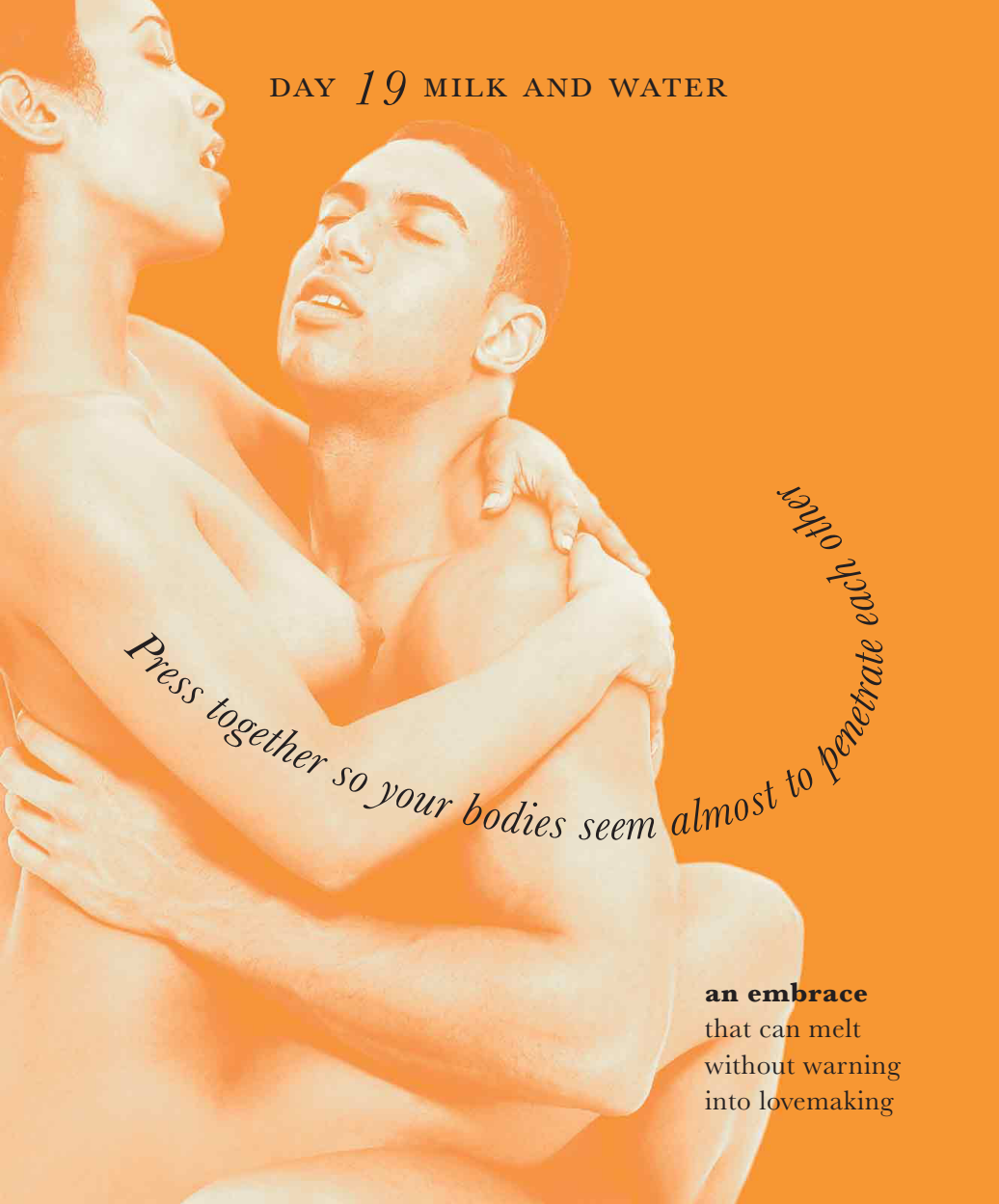
playful and exciting at the same time, this is a charming way to seduce him

DAY *18* FOREHEAD EMBRACE



Caress
mind-to-mind
in a gentle embrace

for a meditative thrill, focus only on those places where you touch



DAY *19* MILK AND WATER

Press together so your bodies seem almost to penetrate each other

an embrace
that can melt
without warning
into lovemaking

DAY *20* THE STRAY CUR'S TRICK

A naughty nip goads her into punishing you

for extra fun, stay on your hands and knees, staring at her provocatively

DAY *21* THE WILD BOAR

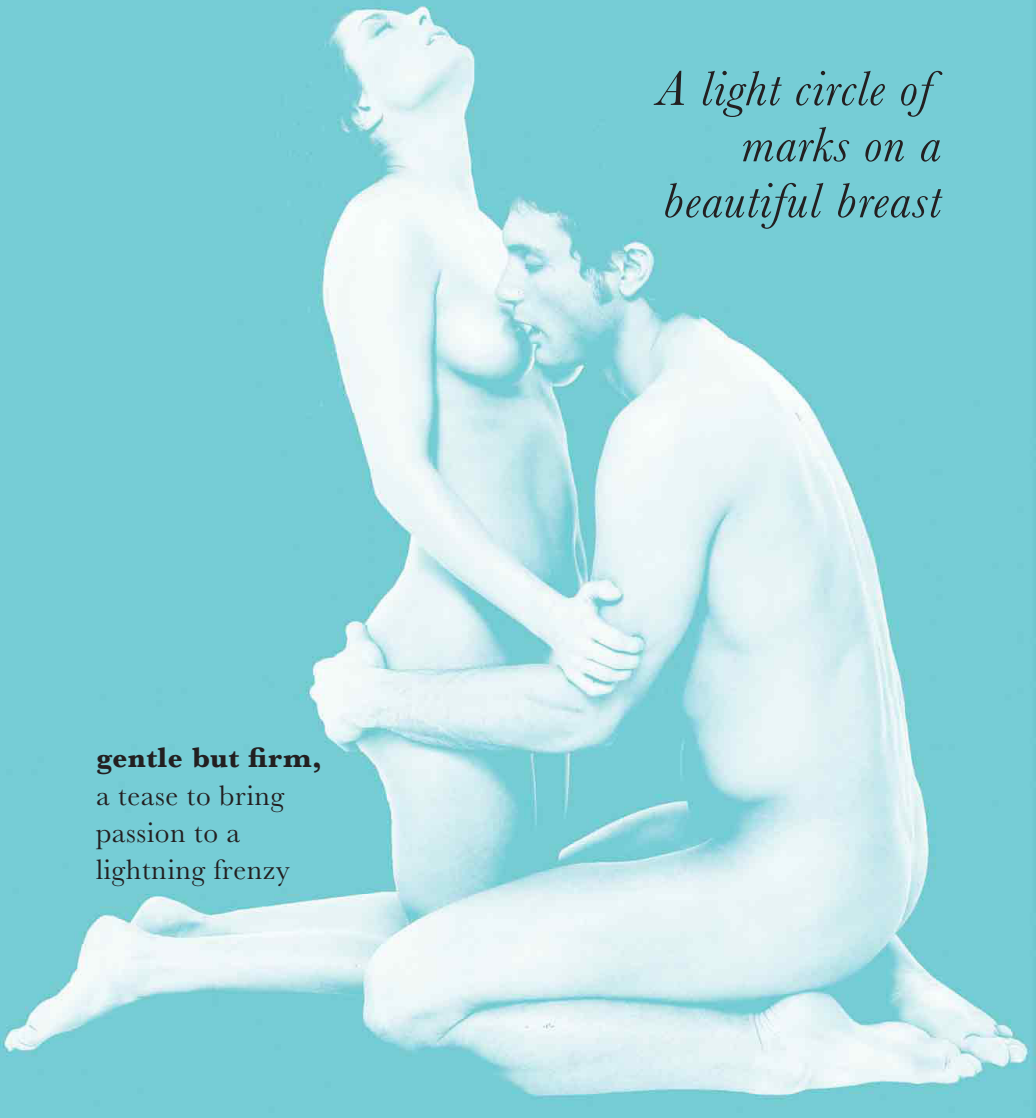
A fierce bite to mark your beloved's skin

a little caution: as the Kama Sutra says, save this for moments of intense passion

Wind and wind around until her head spins

the Kama Sutra advises you to probe with your nose and chin as well as your mouth

DAY *23* THE STORM CLOUD



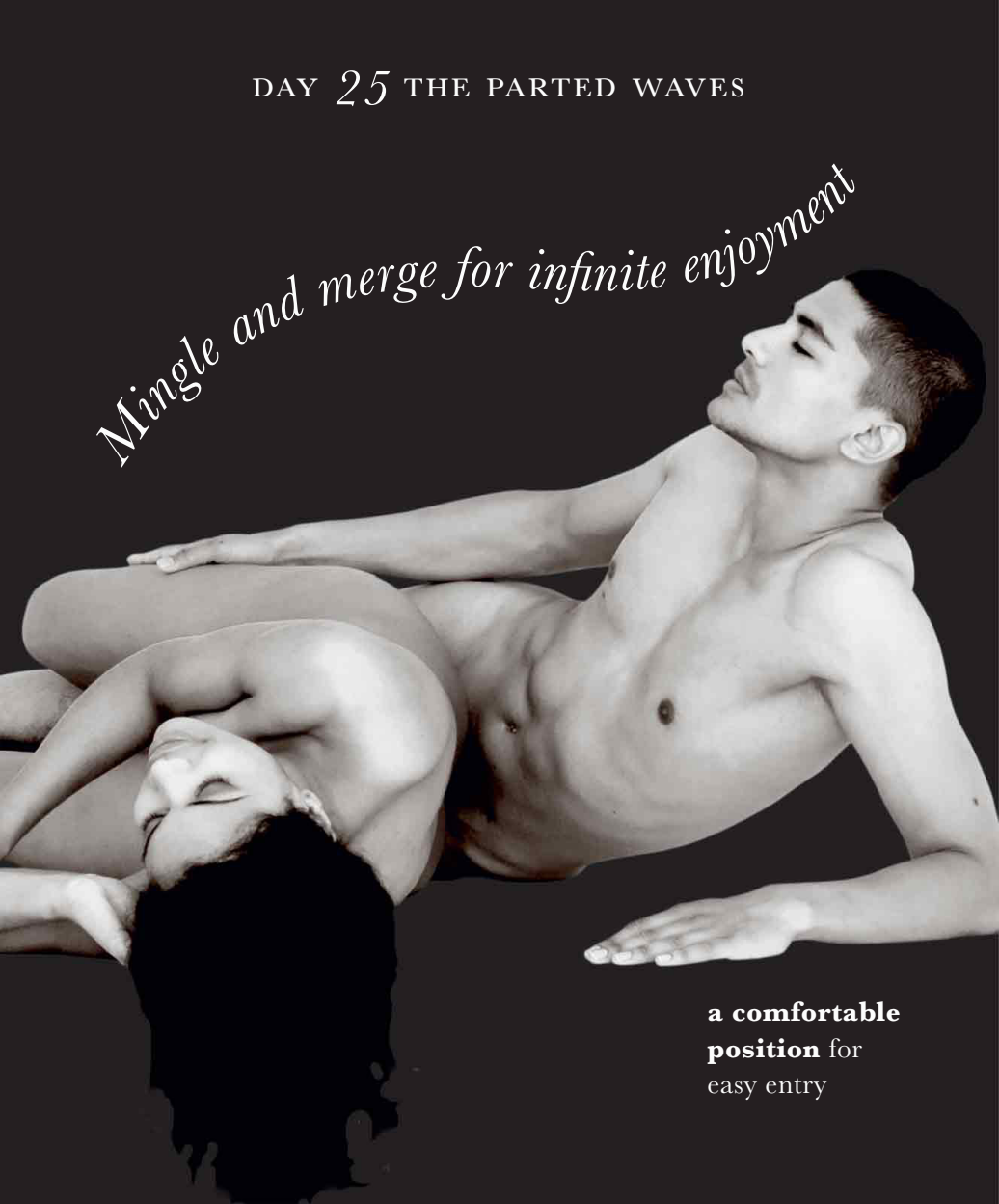
A light circle of marks on a beautiful breast

gentle but firm,
a tease to bring passion to a lightning frenzy

Play together with innocent delight

a sweet position
recommended by the
Smaradipika

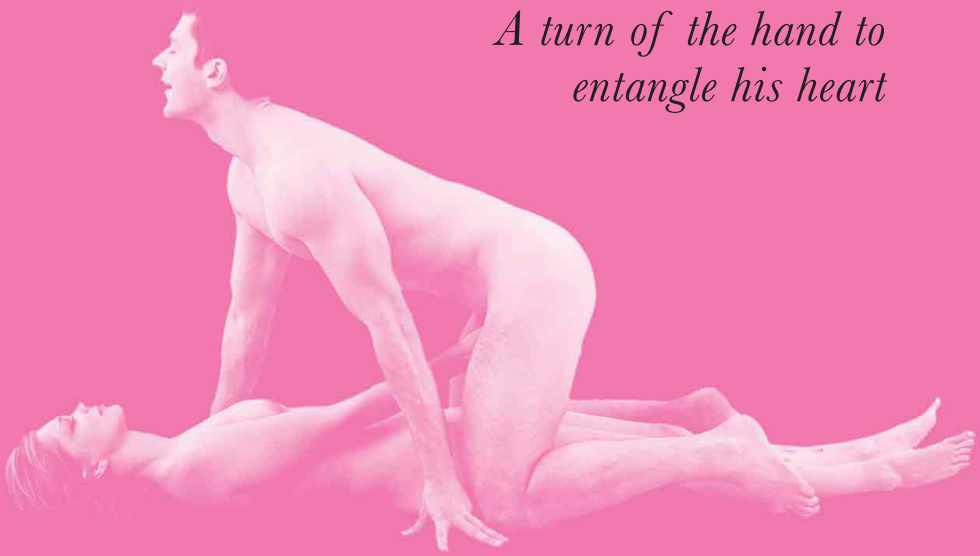
Mingle and merge for infinite enjoyment



a comfortable position for easy entry

DAY 26 WINDING THE THREAD

A turn of the hand to entangle his heart



with each downward stroke, add a little twist over his most sensitive point

DAY 27 THE FOLDED LILY

Pleasure her until she blooms with ecstasy

comfortable but vigorous, a favorite for loving couples

Make your beauty thirsty for more

a light lick and suck that makes even the shyest woman eager

DAY *29* THE WARRIOR DOWNED

Crow over your fallen hero

Vatsyayana tells a woman in this position to laugh at him, drunk with conquest

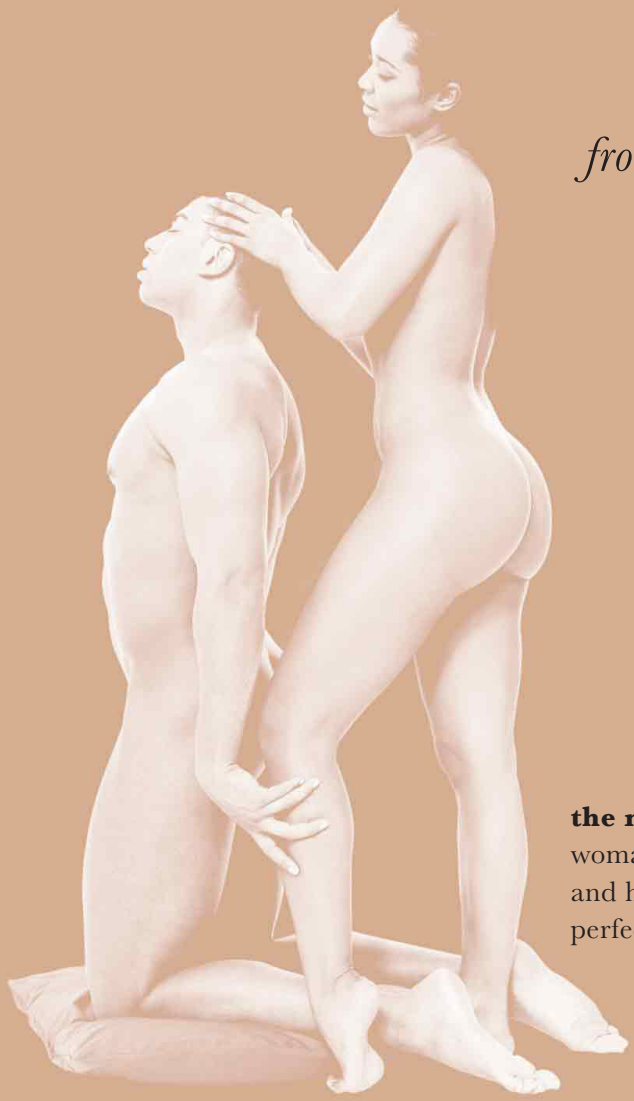
DAY 30 THE MARE'S TRICK

Squeeze and stroke him inside your vice

the Kama Sutra says this takes long practice; Dr. Kegel would say that's a fine idea

DAY *31* THE ATTENDANT

Form a circle of caressing, from head to toe



the man enjoys his woman's tender touch and her silky legs in perfect ease

DAY *32* LOVE'S BLINDFOLD

Cover her eyes to uncover her fantasies

hold your beloved secure while she whispers her darkest dreams

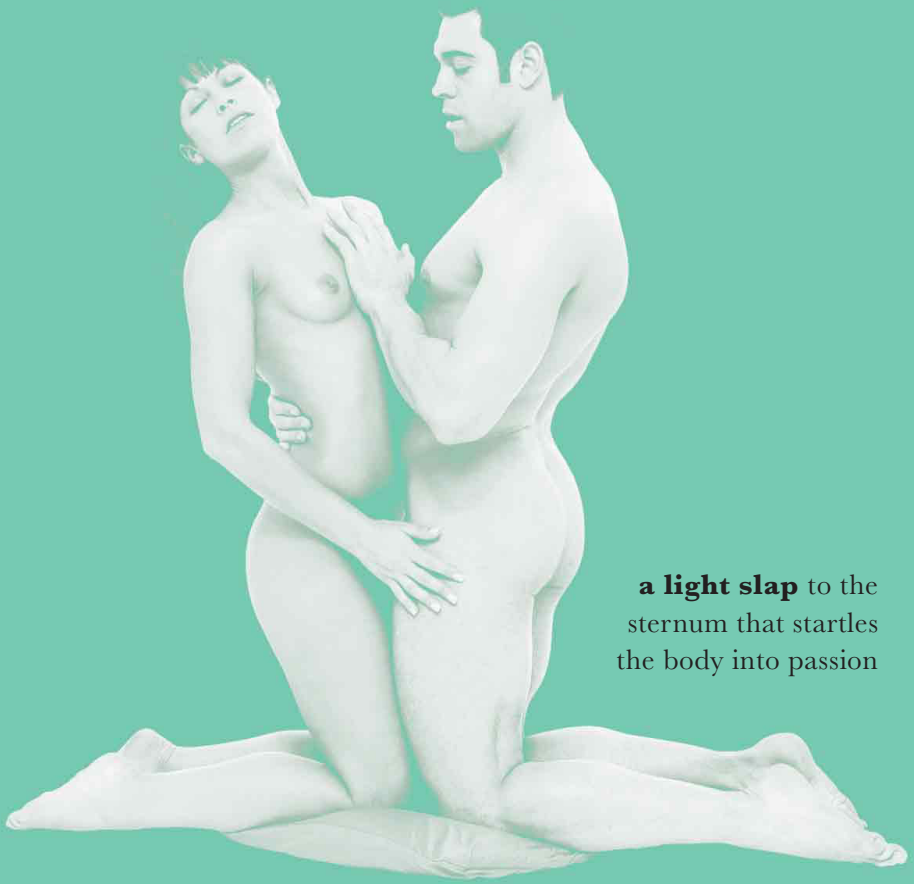
DAY 33 CHUSHITA (SUCKED)

Draw deep kisses from her well of pleasure

the Kama Sutra suggests that you add some nibbling as well

DAY *34* THE OPEN-HANDED STRIKE

Tread the breathless border between pain and pleasure



a light slap to the sternum that startles the body into passion

Decorate her with a secret memento

bite gently, but enough to leave a trace she can cherish

DAY 36 THE PEACH HOLD

A delectable massage for her succulent breasts

the woman rests against her lover, thinking of nothing but his circling hands

DAY 37 THE INNER GRASP

Hold him hard for a moment before releasing

Don't forget to cover your teeth with your lips

DAY *38* THE ROWBOAT

Rock, rock, rock with your beloved

a position that's
both fun and tender

DAY *39* THE WILD HORSES

A vigorous position that shakes the woman's body into frenzy

with one foot loose, clasp your lover's hips for steadiness so you can move freely

Buck underneath your beauty to scatter her wits

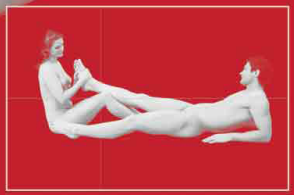
with his legs bent back, he can thrust with unexpected force

DAY *41* THE PEACOCK'S TAIL

A woman who can spread herself like this has reason to be vain

for those who can manage it, this gives a stretched, wide-open sensation

He'll travel far for a treat like this



don't forget that life is a voyage together, so do this often

DAY *43* THE SQUEEZE

Press together suddenly, shocking the breath from each other

a swift
yet tender caress for new lovers building their intimacy

Rake your mark across your doe's flank

the Kama Sutra suggests that nail play is particularly thrilling before and after a long separation

Bury your face in sweet-scented softness

a soft, silky, sensual
treat that most men find
to be utter bliss

DAY *46* LEOPARDESS KISS

Knead and groom your handsome prey

to make a game of it, nip him lightly if he squirms

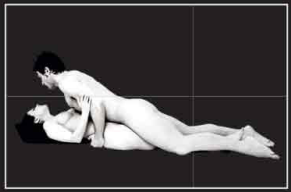
DAY *47* TWINING OF THE CREEPER

Twist and nestle together, freestanding like dancers

an embrace that suits both gentle and passionate moods

DAY *48* EMBRACE OF THE JAGHANA

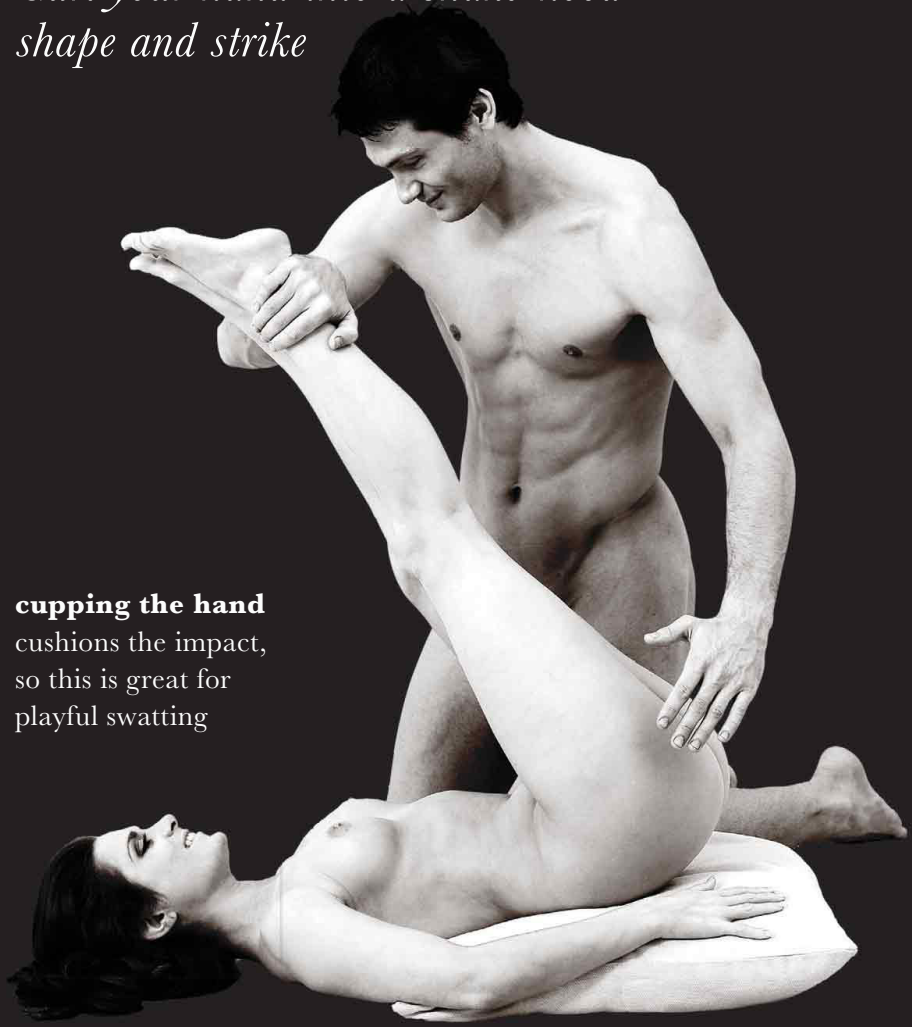
Caress belly to belly, melting into each other



a hold that presses each jaghana (middle part of the body) against the other

DAY *49* PRASRITAKA LOVE-BLOW

Curl your hand into a snake-hood shape and strike



cupping the hand cushions the impact, so this is great for playful swatting

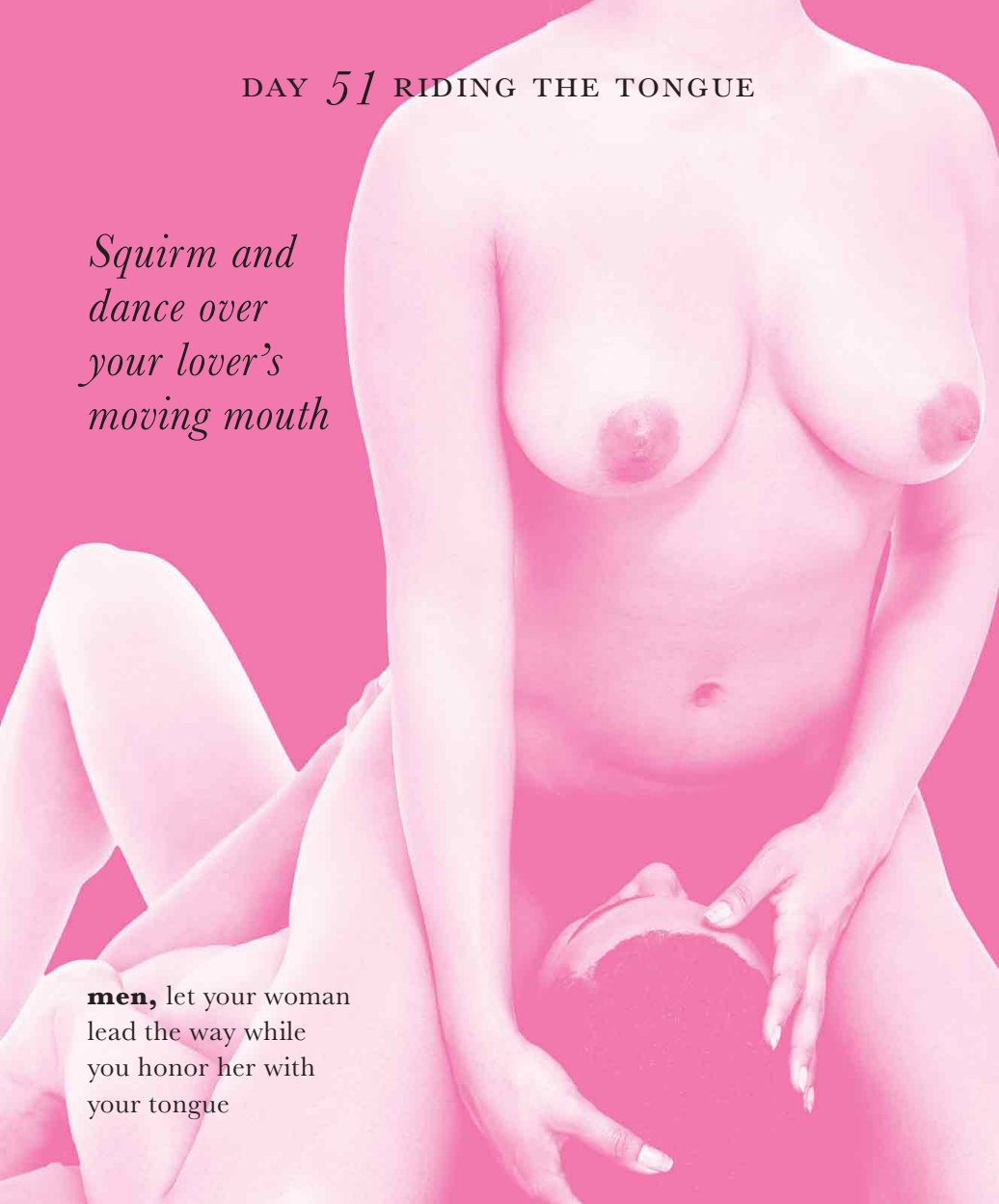
DAY *50* THE VICTORY

Ride together, glorying in your passion

a good grip on each other's legs gives this position a nice, secure feeling

DAY 51 RIDING THE TONGUE

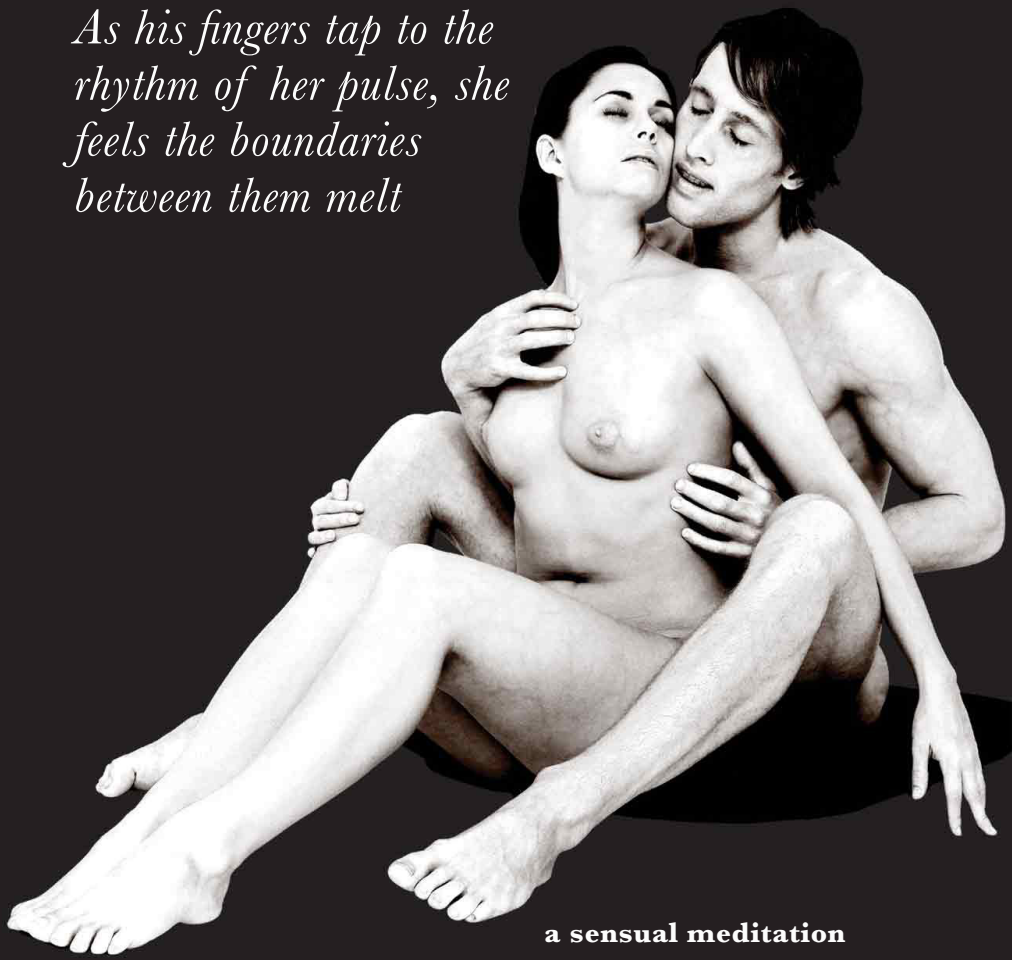
Squirm and dance over your lover's moving mouth



men, let your woman lead the way while you honor her with your tongue

DAY 52 THE LOVER'S HEARTBEAT

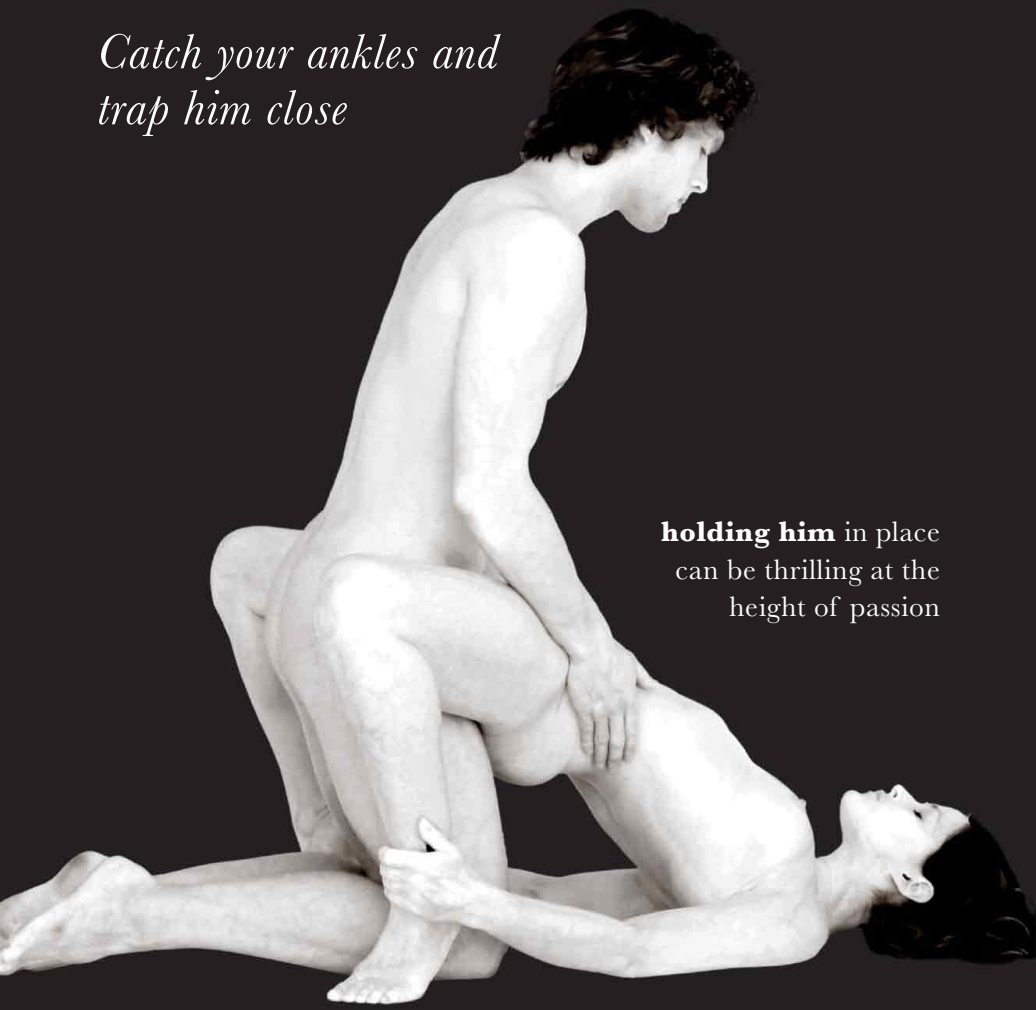
As his fingers tap to the rhythm of her pulse, she feels the boundaries between them melt



a sensual meditation
for true romantics

DAY *53* THE FOOT YOKE

Catch your ankles and trap him close



holding him in place can be thrilling at the height of passion

Tug gently at her lips to release her nectar

one that can be tried with or without lubricant for different sensations

Thigh to chest, relish your lover's fine flesh

holding the leg in place, the caressing one strokes gently as far as their fingers will go

DAY *56* THE APPROACH

Slide into a sensuous embrace

a caress that can easily slip into deeper pleasuring as the lovers' hands wander

DAY 57 THE KISSING GAME

Vie to capture each other's lower lip in mischievous competition

if you lose, Vatsyayana says to protest that your lover cheated and you want another chance

DAY *58* THE FEEDING BIRD

Pluck little kisses from her palms and soles

a tickly delight
for the sensuous

DAY 59 THE MILKMAID'S PATIENCE

Draw long strokes of pleasure until he begs for release

pause a little at the end of each, so he is always on the brink of climax

DAY *60* THE DOUBLE HOOK

Catch each other in a moment of impulse

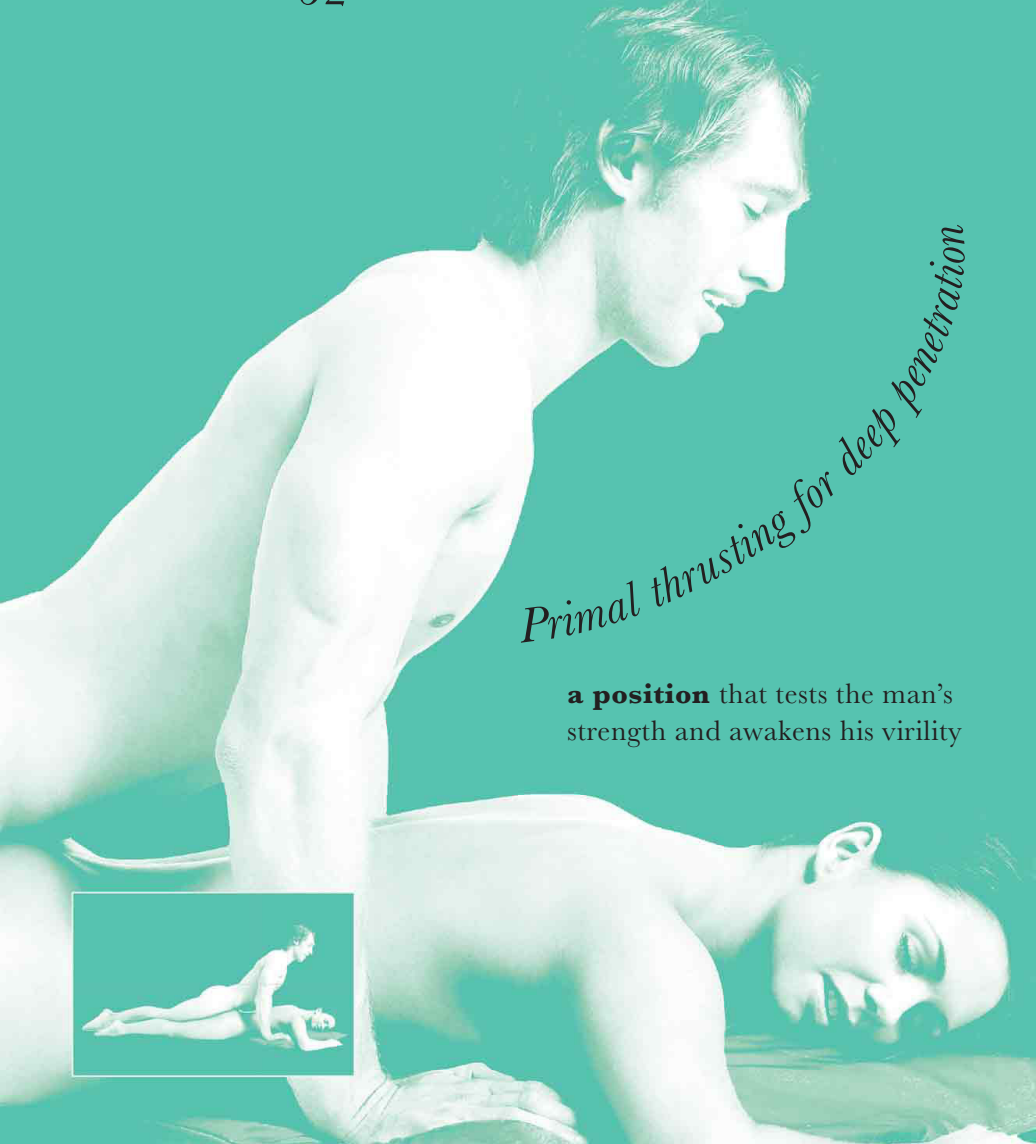
a chair can serve to steady you when you're too excited to find the bed

DAY *61* THE BAMBOO GROVE

Enter between sweet, smooth limbs

excellent for deep penetration, or, if you prefer, for anal

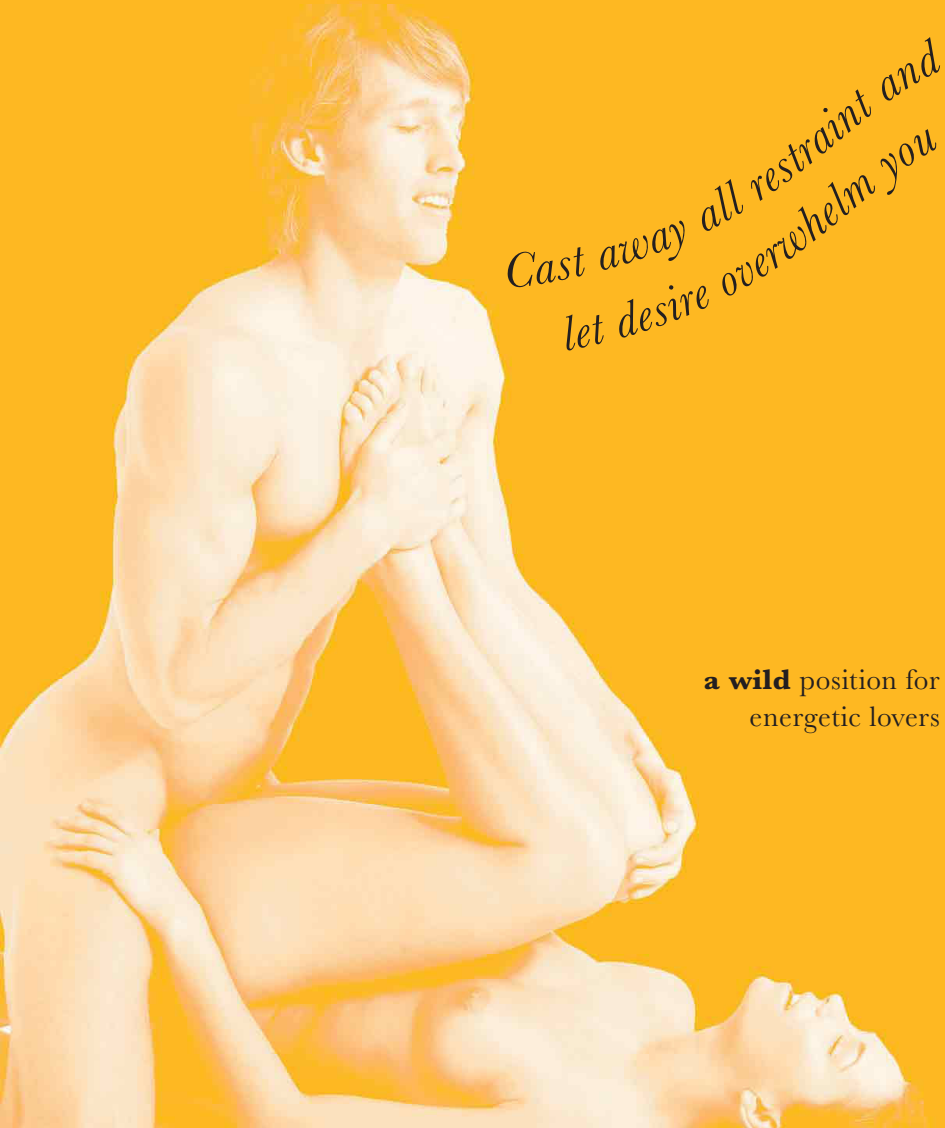
DAY *62* UNION OF THE ELEPHANT



Primal thrusting for deep penetration

a position that tests the man's strength and awakens his virility

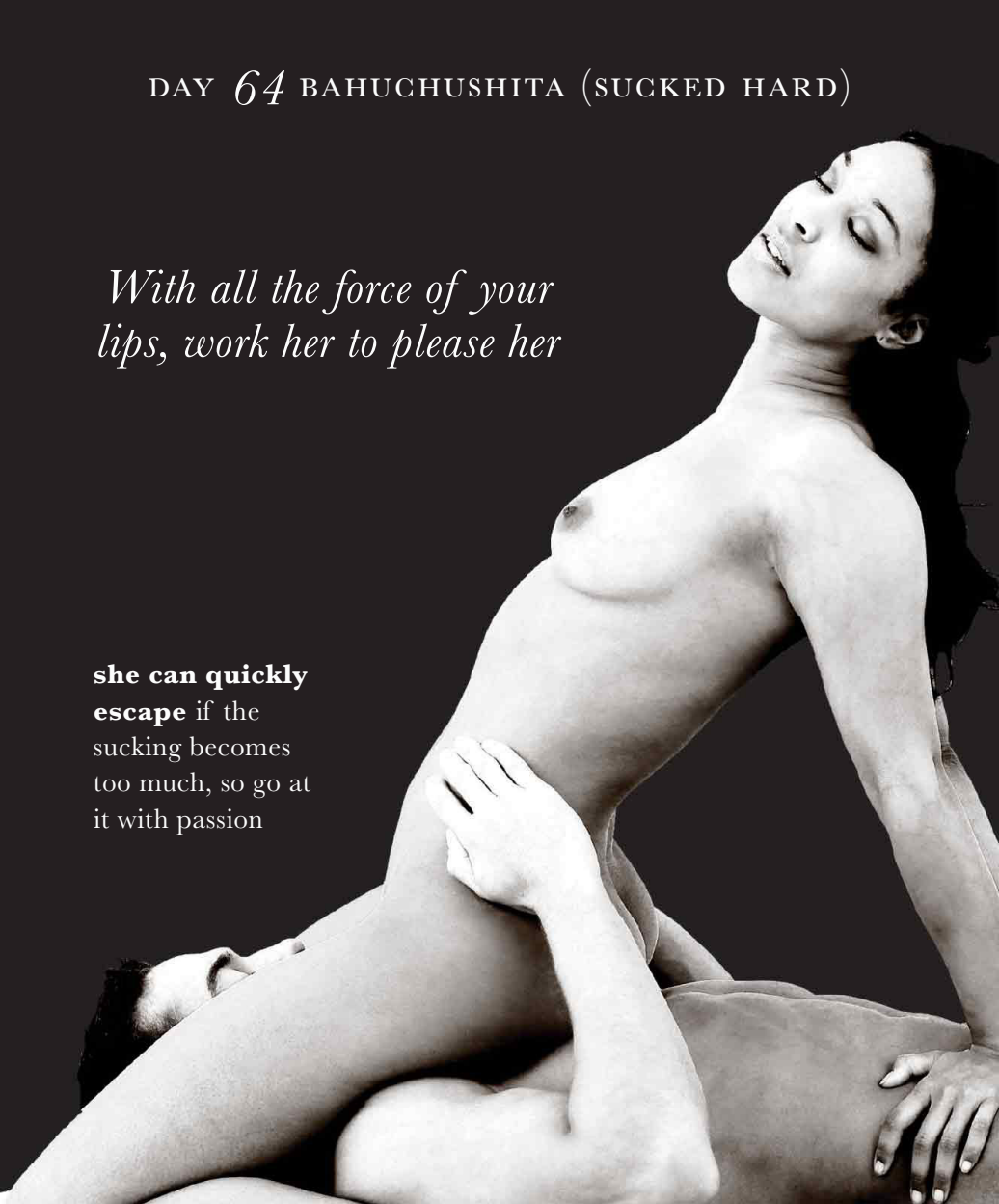
DAY *63* THE HIGH PRESSED POSITION



Cast away all restraint and let desire overwhelm you

a wild position for energetic lovers

DAY *64* BAHUCHUSHITA (SUCKED HARD)

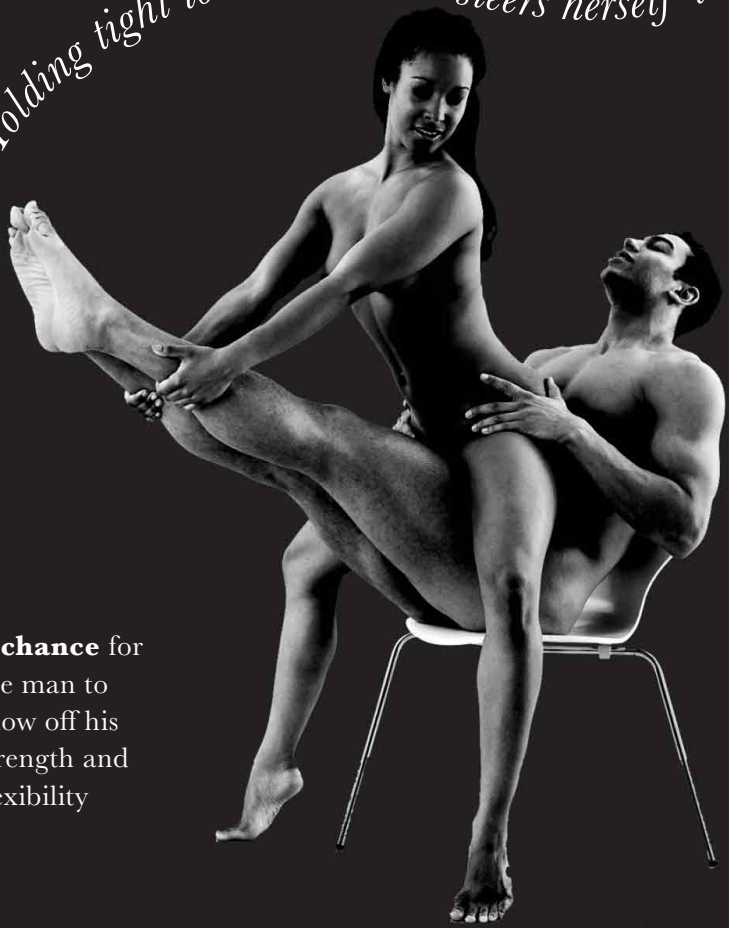


With all the force of your lips, work her to please her

she can quickly escape if the sucking becomes too much, so go at it with passion

DAY *65* THE RUDDER

Holding tight to his legs, she steers herself to climax



a chance for the man to show off his strength and flexibility

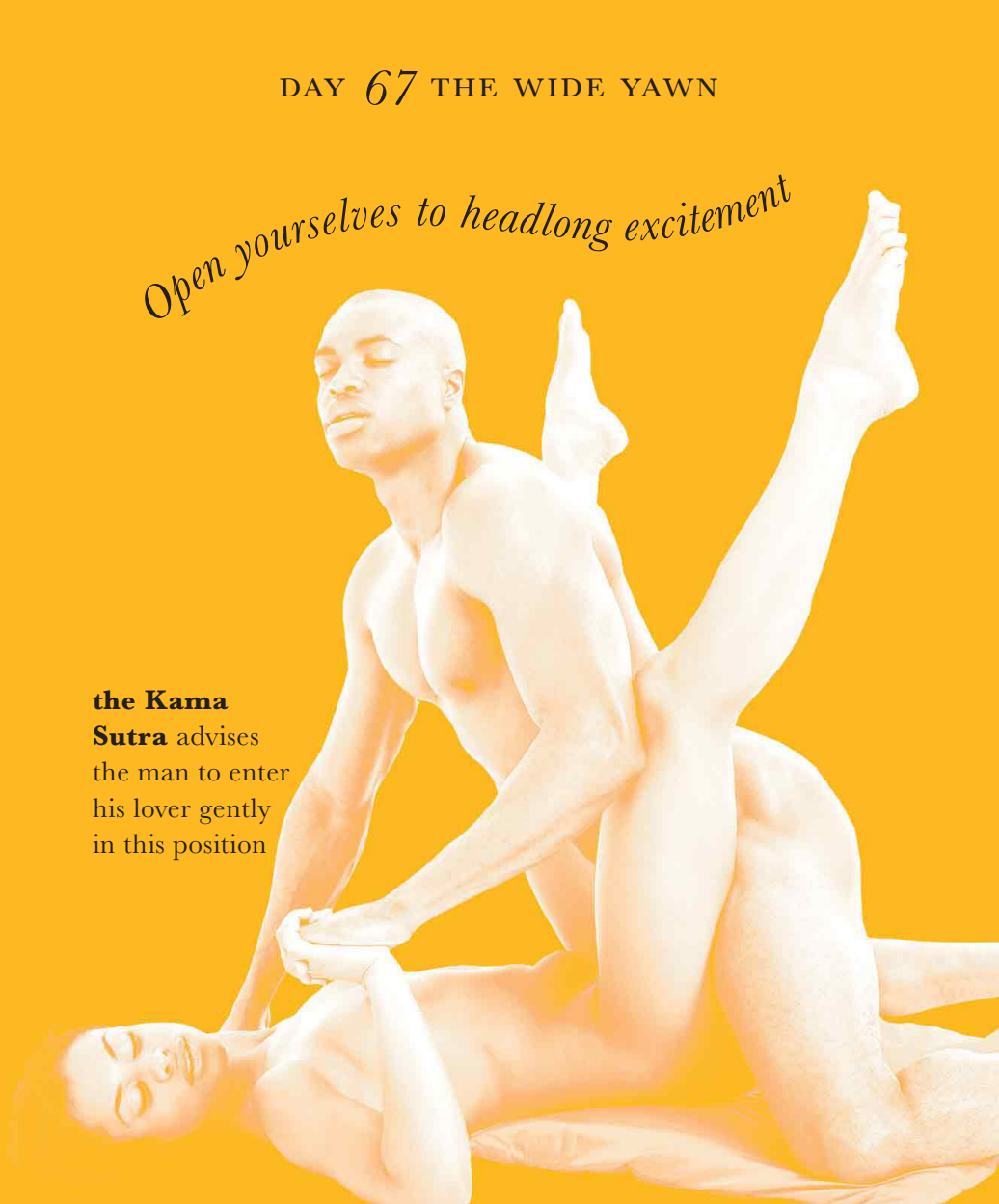
DAY 66 CAPTURING THE MAIDEN

Sweep her off her feet and into fantasy

men of good aim may find themselves inside their women before they reach the bed

DAY 67 THE WIDE YAWN

Open yourselves to headlong excitement



the Kama Sutra advises the man to enter his lover gently in this position

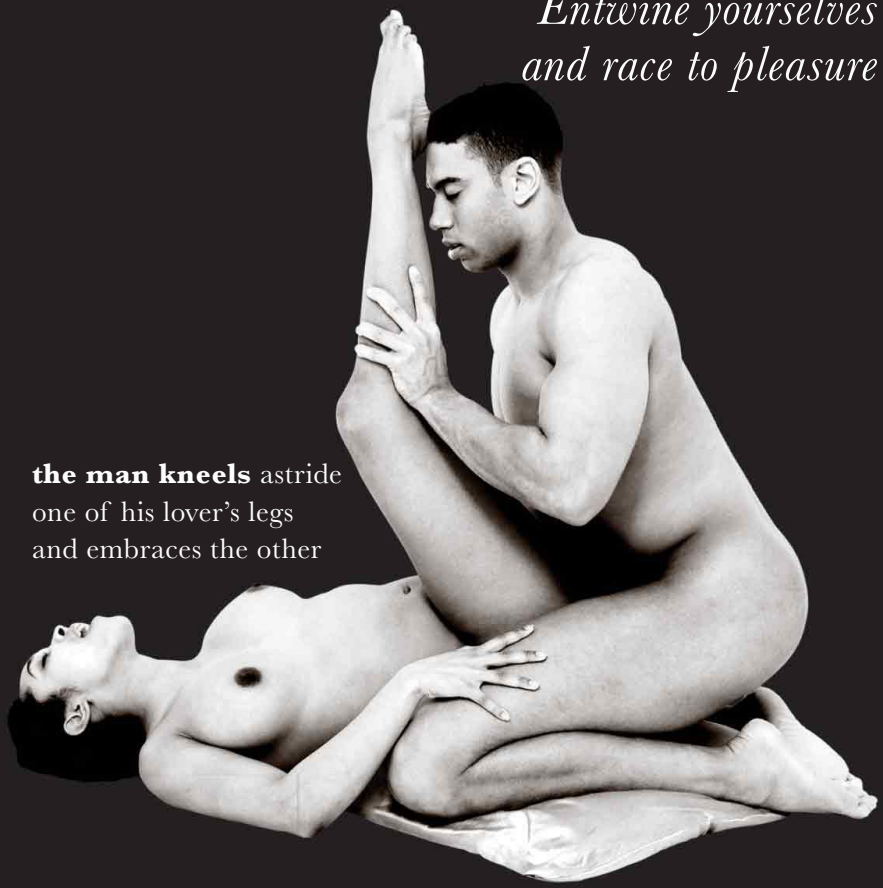
DAY *68* THE KISS THAT AWAKENS

Coax your beloved from the depths of sleep to the heights of passion

mount lightly so he first feels you as your lips touch his skin

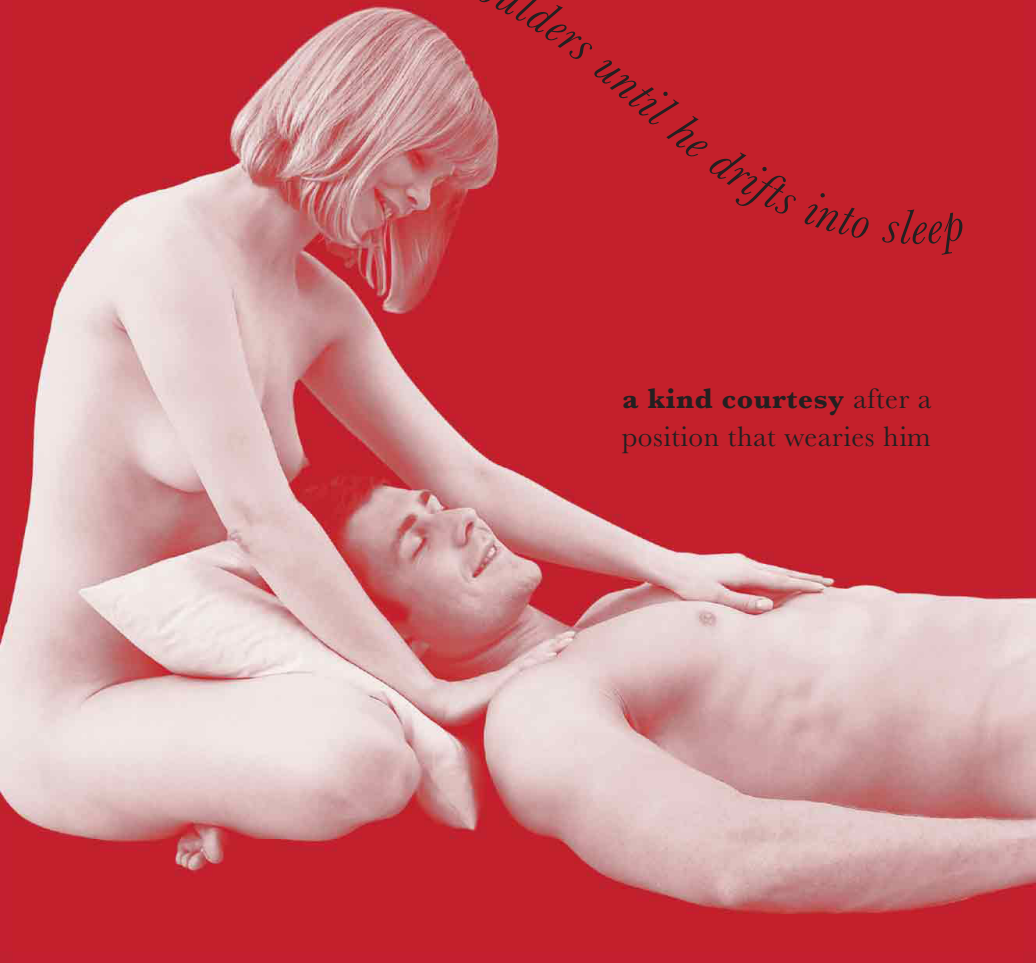
DAY *69* SPLITTING THE BAMBOO

Entwine yourselves and race to pleasure



the man kneels astride one of his lover's legs and embraces the other

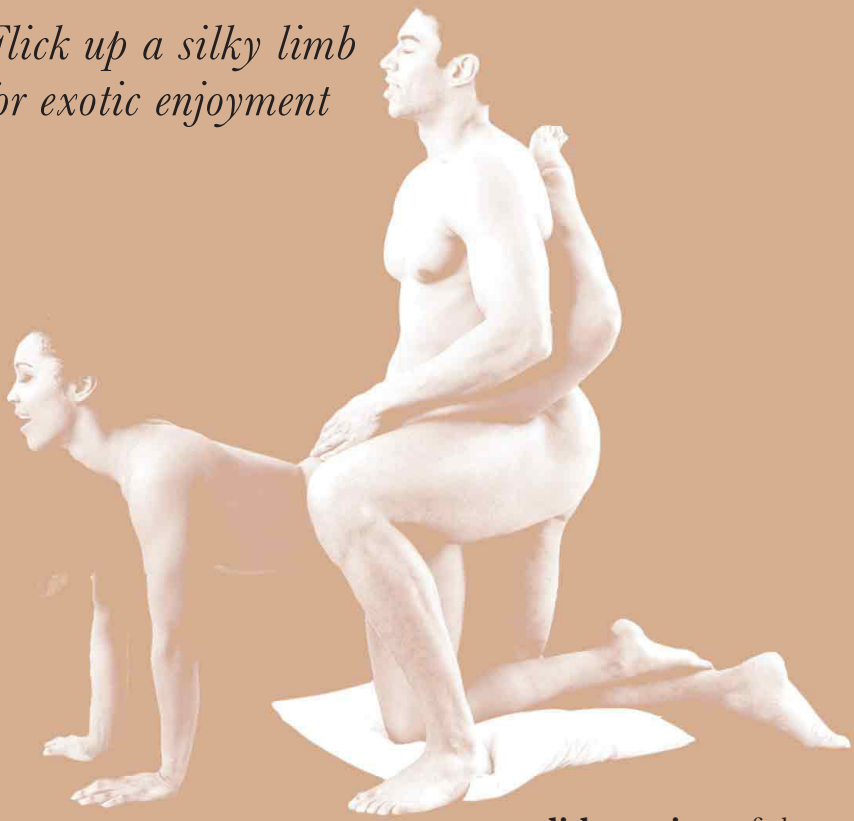
Rub his tired shoulders until he drifts into sleep



a kind courtesy after a position that wearies him

DAY *71* THE TWISTING CAT

Flick up a silky limb for exotic enjoyment



a lithe variant of the standard all-fours, good for creating interesting pressures on him

DAY 72 SAMATALA LOVE-BLOW

Give your beauty an open-palmed slap to feed her passion

the Kama Sutra reminds us that love-blows are a matter of taste, so be sure she's willing before you try

A man who so ascends his lover's body can truly delight in her shapely curves

penetration may be tricky, but with some massage oil he can rub blissfully against her pretty stomach

DAY 74 THE REVERSED SWALLOW

Admire your lover's beautiful form as she pleasures you deeply

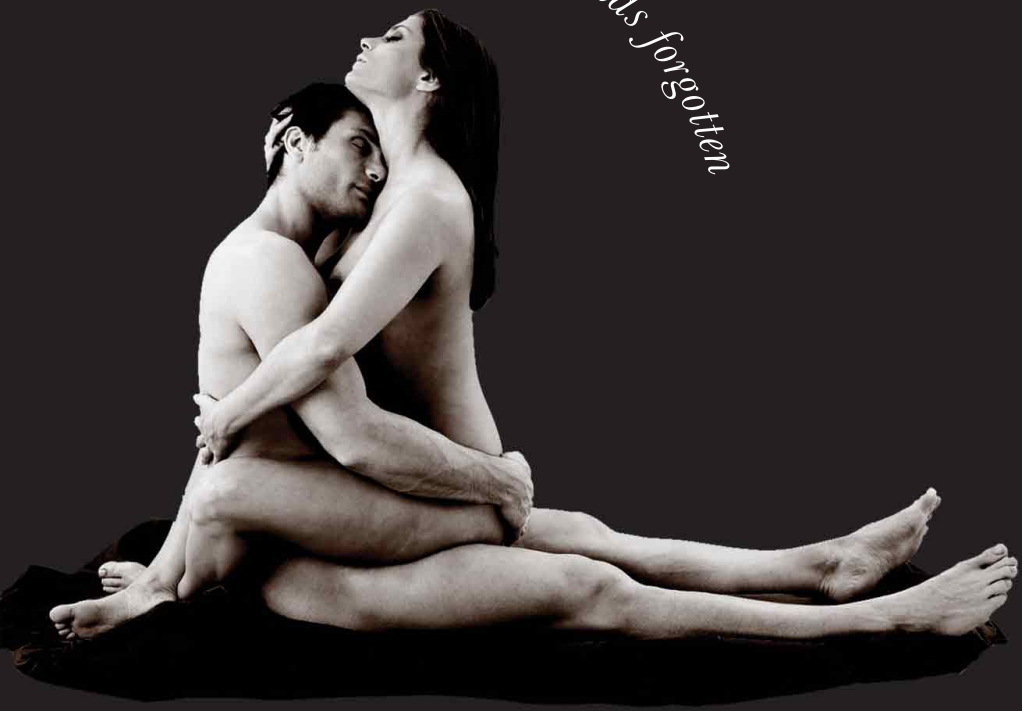
a careful woman guards her teeth with her bottom lip to protect his manhood from harm

Streak little tracks in her waiting skin

the Kama Sutra calls it unchivalrous to go on a journey without leaving at least a few scratched mementos

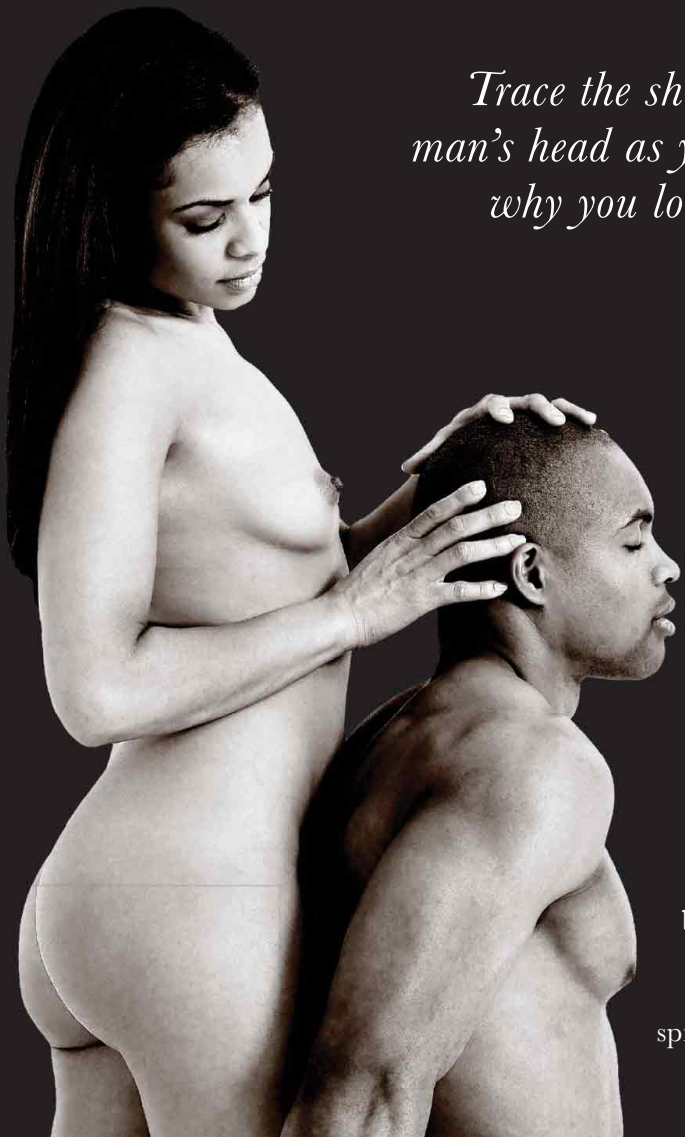
DAY 76 THE CHEST EMBRACE

Slide together, hands forgotten



a thrilling way to
enjoy each other all over

DAY 77 THE SCULPTING CARESS



Trace the shape of your man's head as you whisper why you love his mind

pressing your body against his while you stroke unites flesh and spirit in tenderness

DAY *78* TASTING THE FIGS

With all exposed, let your tongue wander freely

an earthy pleasure for the uninhibited

Study his secrets with your learned fingers

an affectionate pose that allows him to relax and be explored

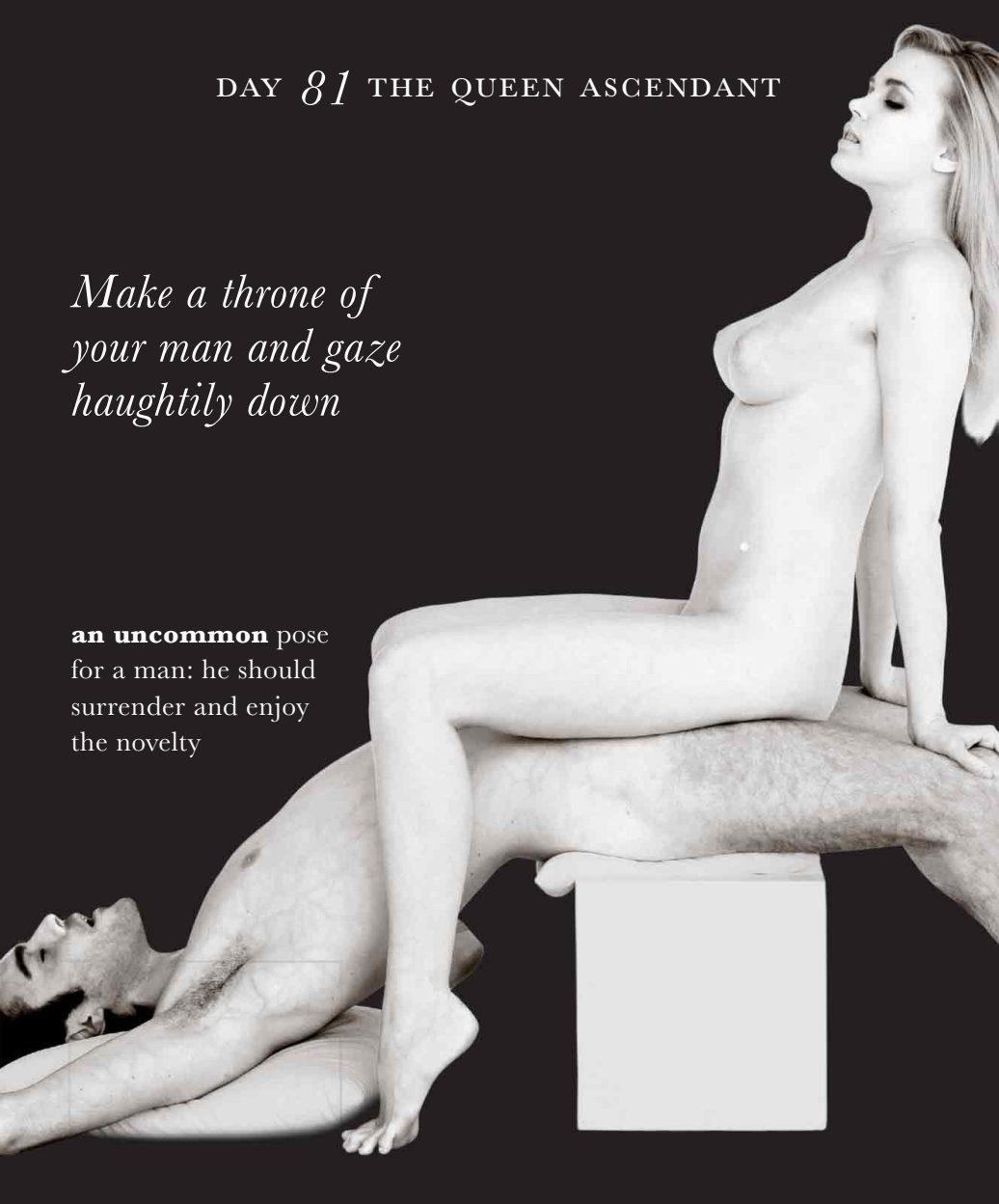
DAY *80* THE CLING

Hold hard and tight and thrust full-speed

a tiring position to sustain, so take full advantage and go all-out while it lasts

DAY *81* THE QUEEN ASCENDANT

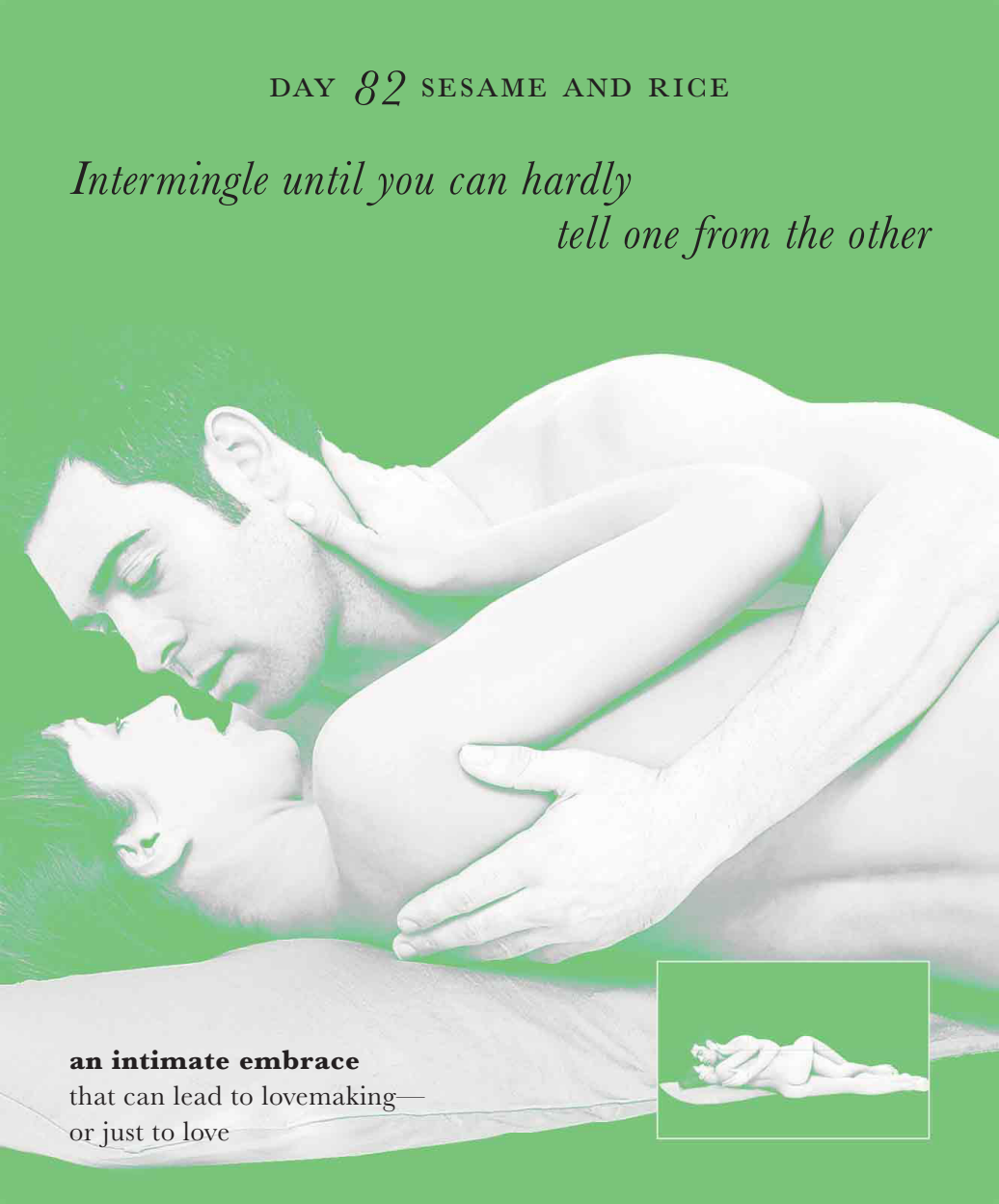
Make a throne of your man and gaze haughtily down



an uncommon pose for a man: he should surrender and enjoy the novelty

DAY *82* SESAME AND RICE

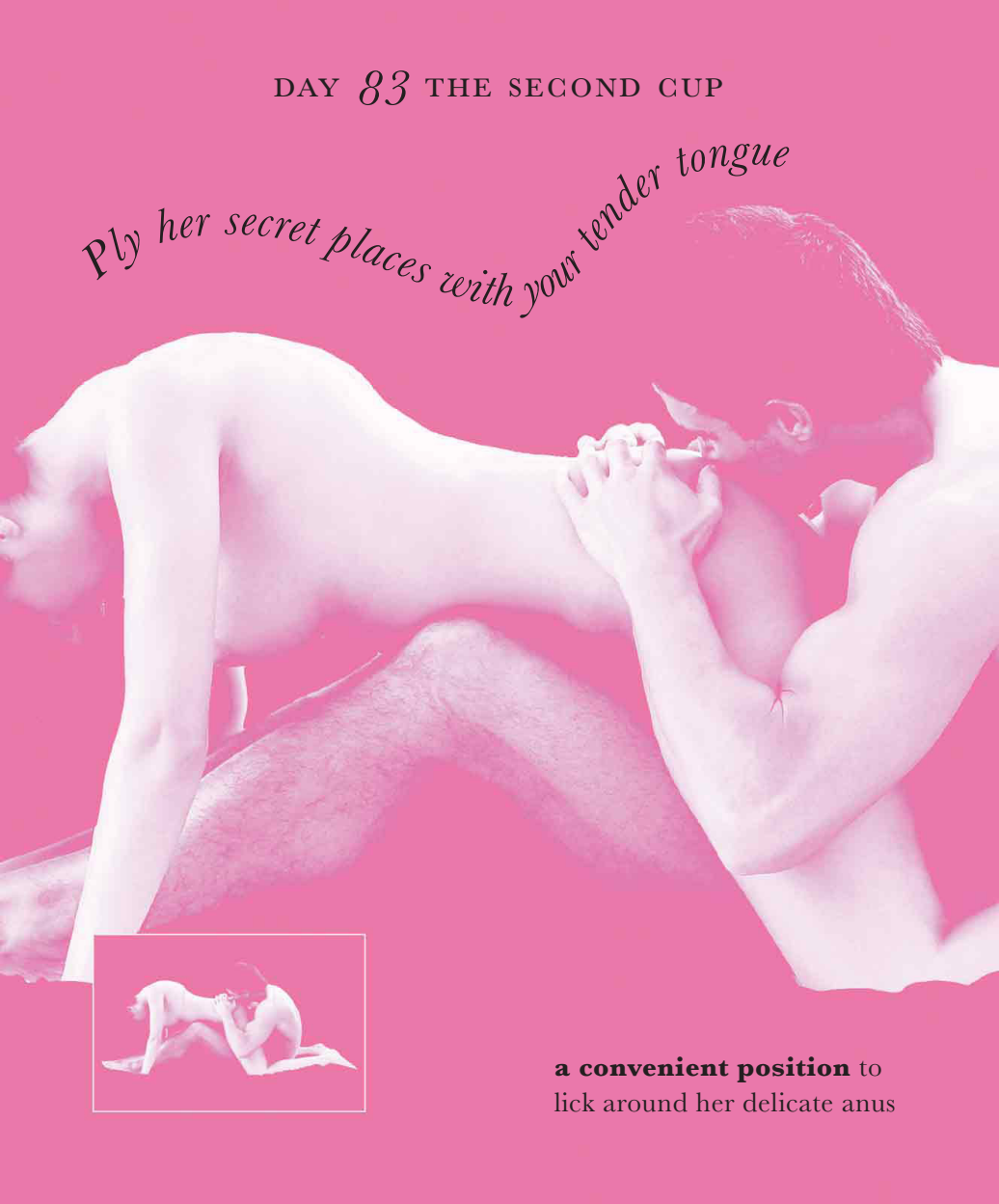
Intermingle until you can hardly tell one from the other



an intimate embrace
that can lead to lovemaking—
or just to love

DAY 83 THE SECOND CUP

Ply her secret places with your tender tongue



a convenient position to lick around her delicate anus

DAY *84* THE RAISED FLAME

Build up your fire with a little support from below

a well-placed pillow can be just the thing to achieve the perfect angle

DAY *85* NIBBLING THE LYCHEES

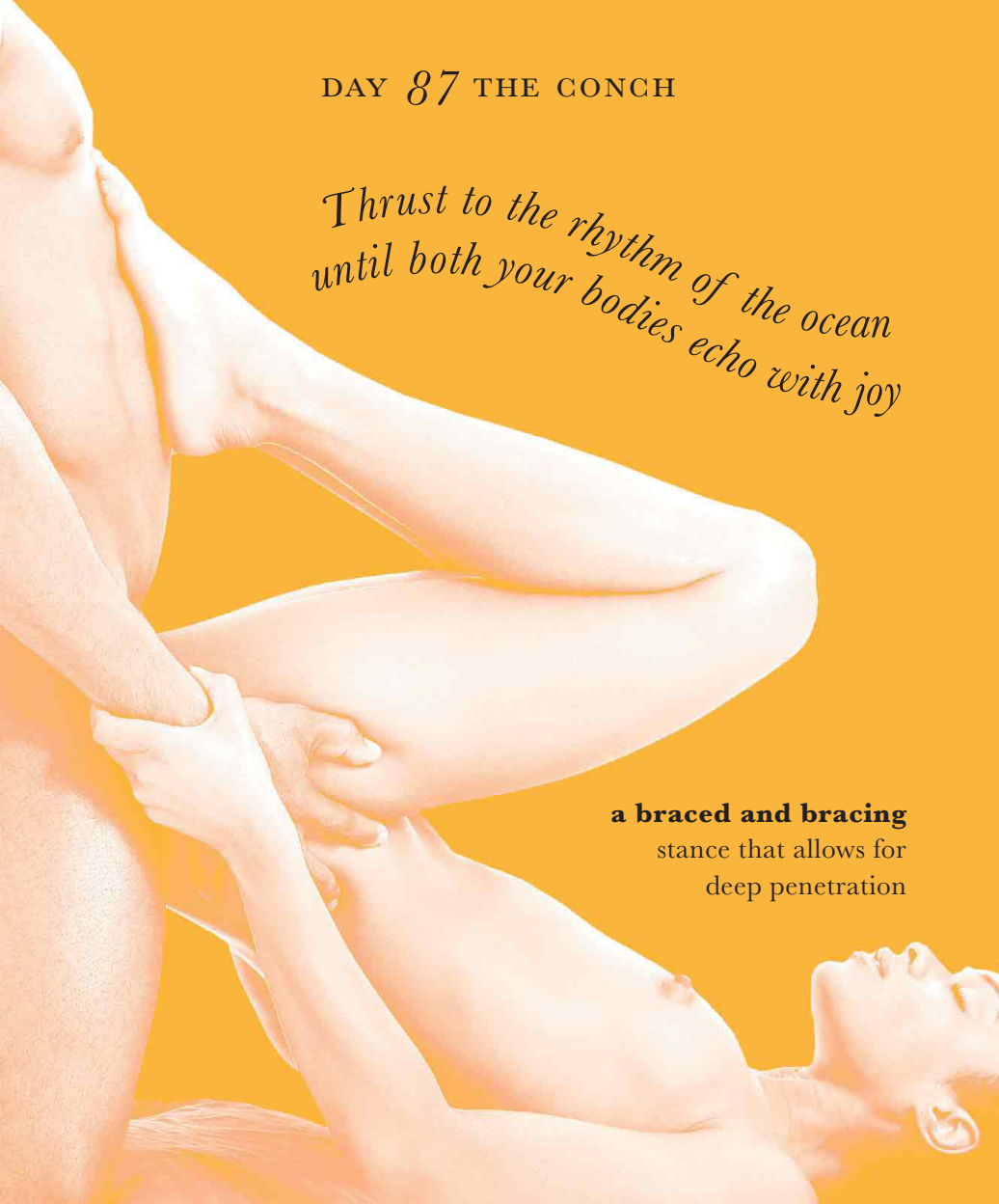
Sweet-seeking lips are always a thrill

pluck lightly at his balls until he's all in a twist with anticipation

DAY *86* THE SIGHTLESS MAIDEN

Feel the warmth and shape of each other in blind bliss

closing her eyes,
she explores his muscles
and bones through
pure touch



DAY 87 THE CONCH

Thrust to the rhythm of the ocean until both your bodies echo with joy

a braced and bracing stance that allows for deep penetration

DAY 88 FEIGNING INDIFFERENCE

He thrusts, she looks away and pretends to ignore him

a particularly good game
for after-argument sex

DAY *89* THE WINE PRESS

Lean deep to crush the tension out of him

thrusting can take a lot out of a man, but a clever woman knows how to keep him refreshed

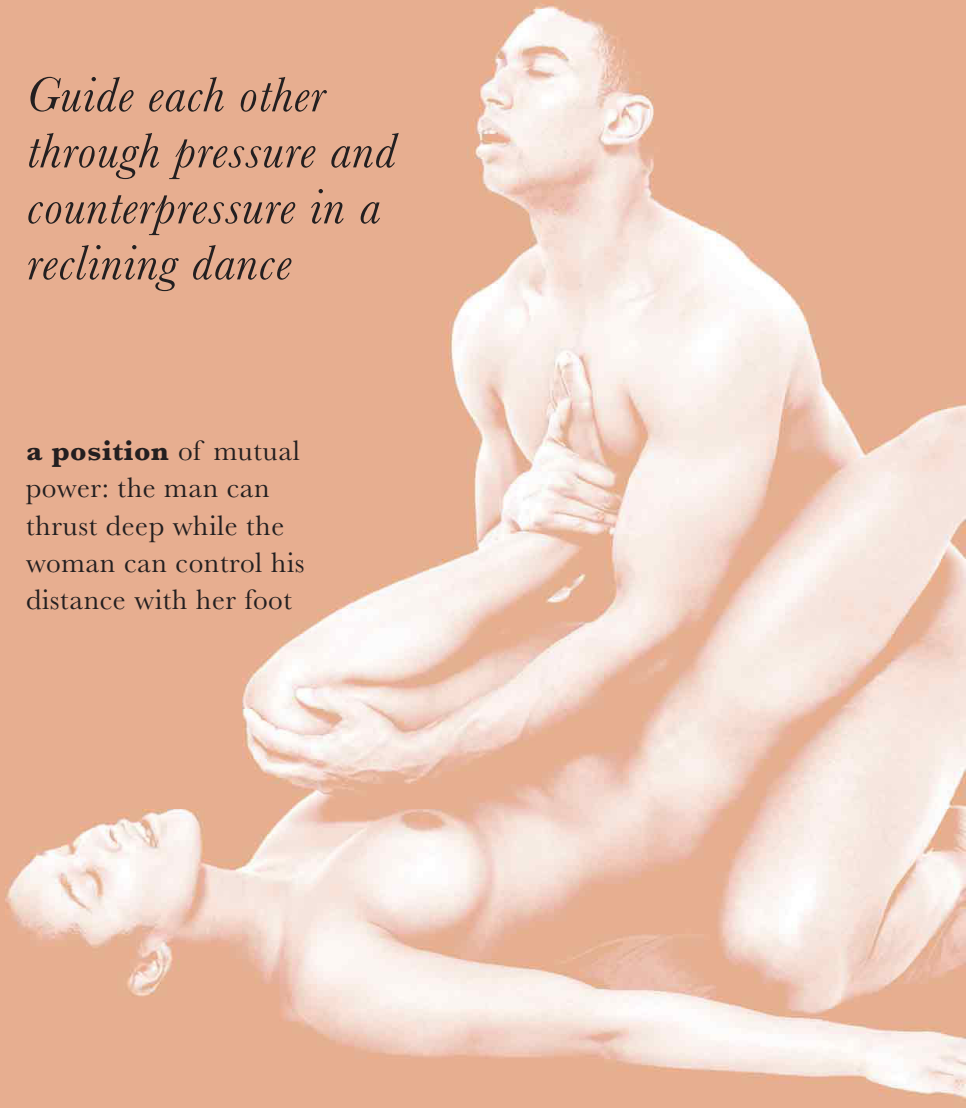
The man's fingers press the hope of sweeter pleasures into his woman's lip

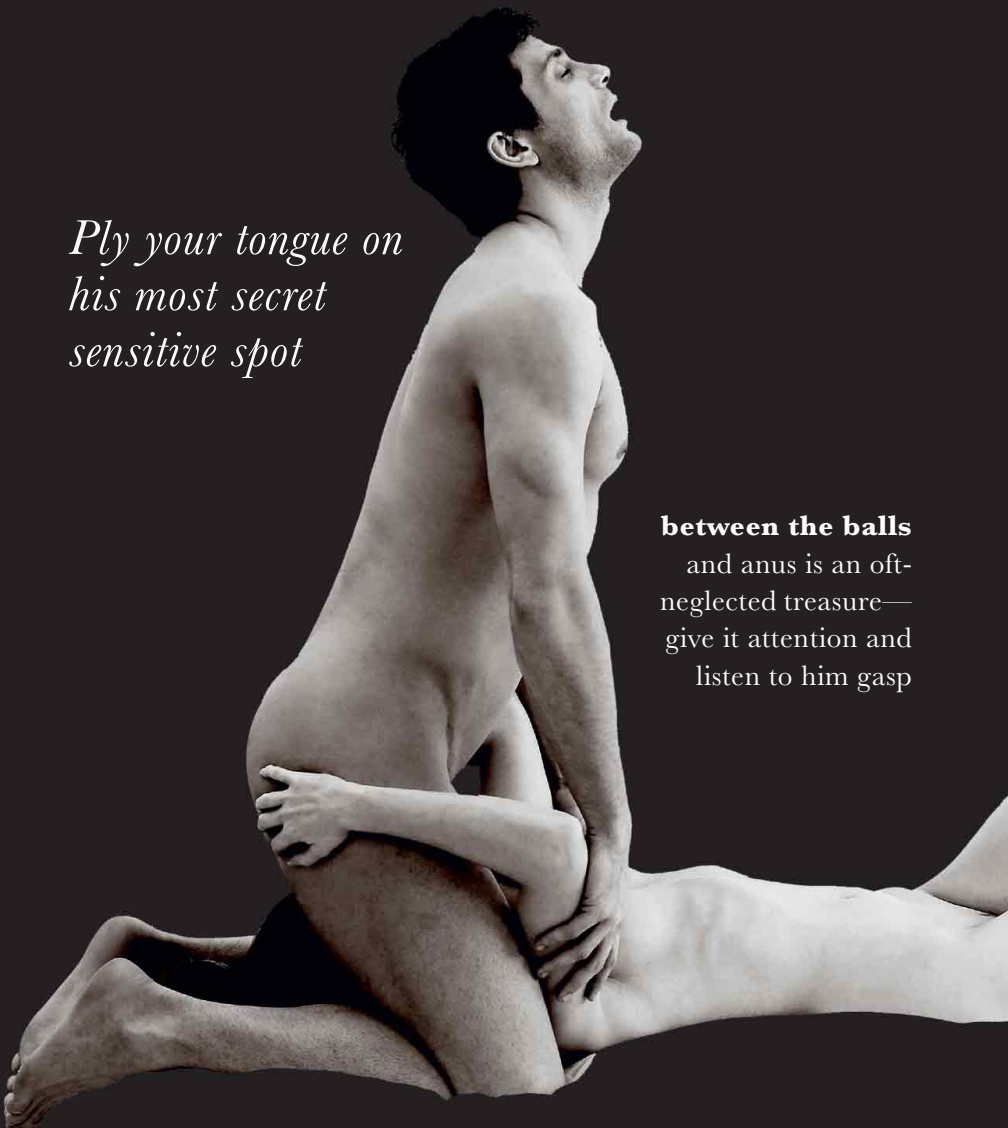
men, stroke first what you will kiss later and your lover's attention is caught

DAY *91* HALF-PRESSED

Guide each other through pressure and counterpressure in a reclining dance

a position of mutual power: the man can thrust deep while the woman can control his distance with her foot





Ply your tongue on his most secret sensitive spot

between the balls and anus is an oft-neglected treasure—give it attention and listen to him gasp

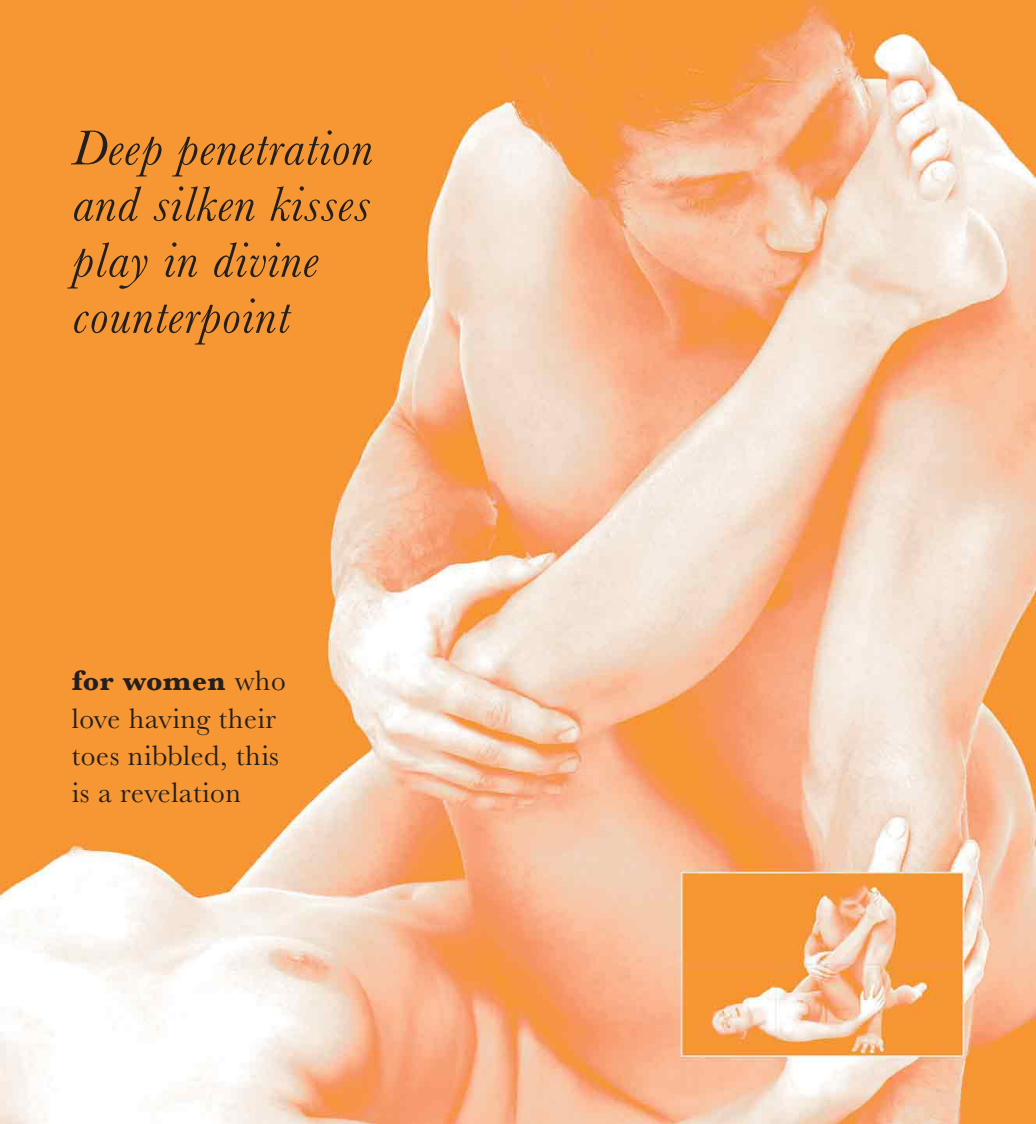
DAY *93* THE FLYING FISH

A tingling, floating break from gravity

all the thrusting falls to him here; let him enjoy the control

Deep penetration and silken kisses play in divine counterpoint

for women who love having their toes nibbled, this is a revelation

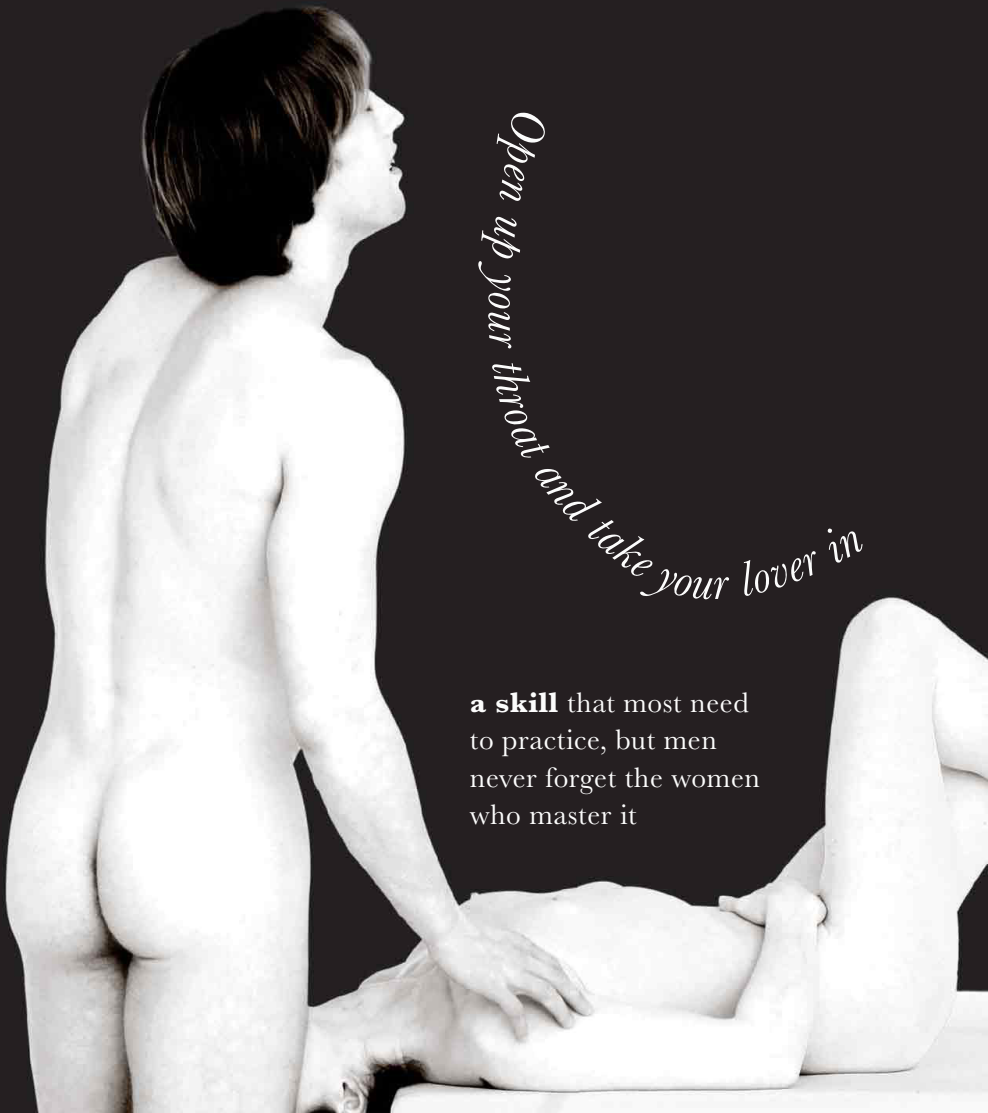


DAY 95 PLAYING THE SITAR

Hold your graceful woman and let your fingers pluck

tender and romantic but also sexy and exciting: a true lovers' favorite

DAY *96* SWALLOWING THE STALK



Open up your throat and take your lover in

a skill that most need to practice, but men never forget the women who master it

DAY *97* THE ORCHID

Gentle movements flowering into delight

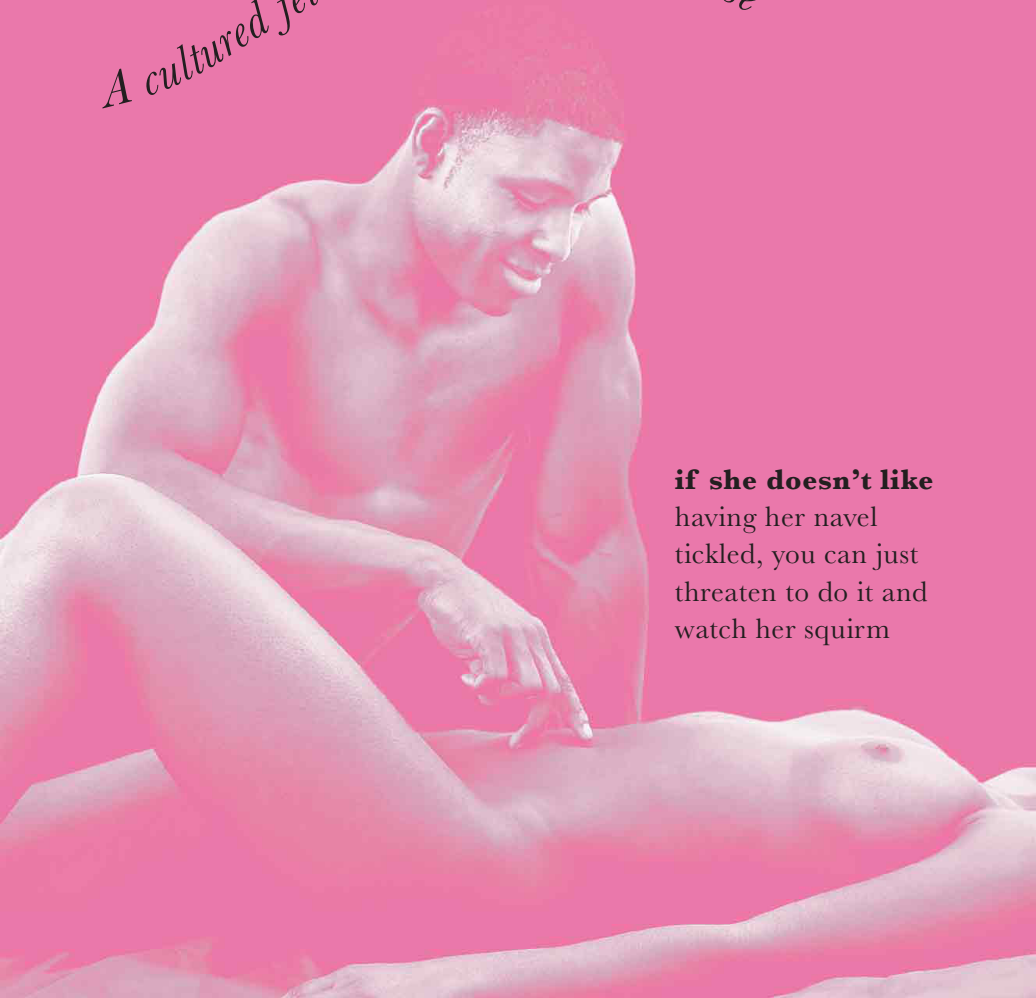
a position in which to rock gently, keeping each other's comfort in mind

DAY *98* THE SPOKED WHEEL

Balance together in elegant harmony

the challenge of the pose raises self-awareness as the woman enjoys her pleasuring

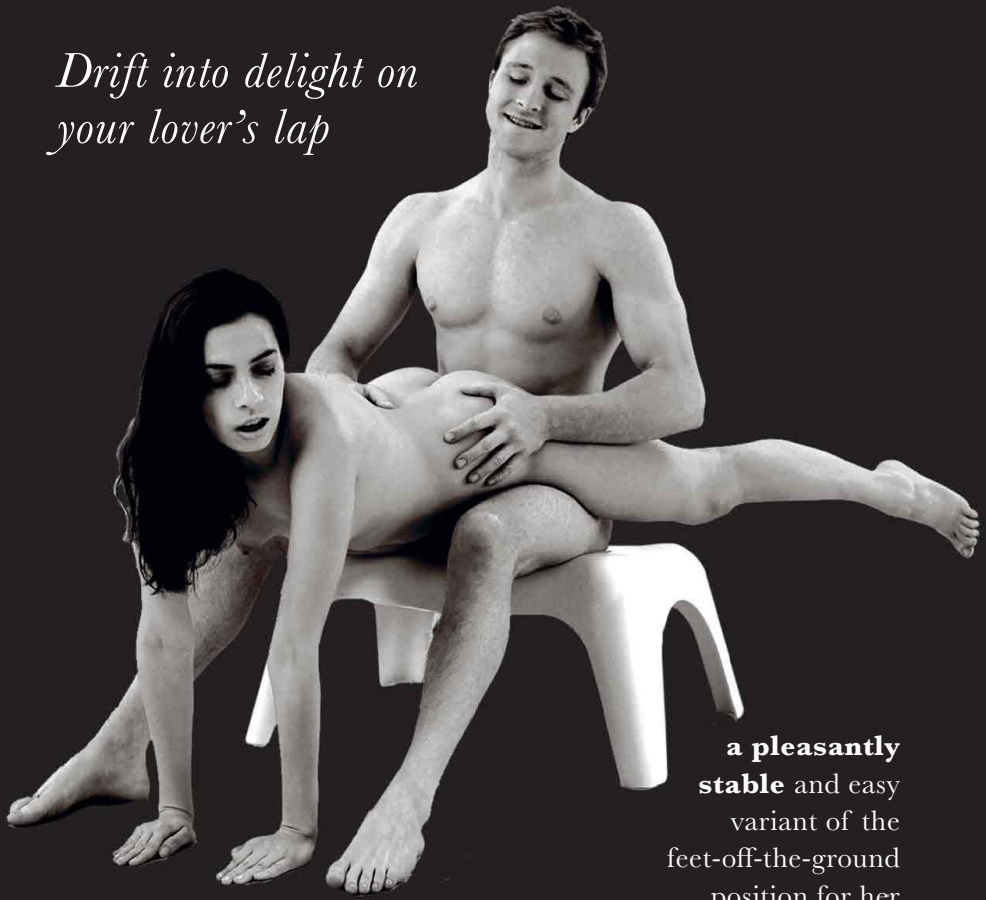
A cultured fellow knows when to tease



if she doesn't like having her navel tickled, you can just threaten to do it and watch her squirm

DAY *100* THE RAFT

Drift into delight on your lover's lap



a pleasantly stable and easy variant of the feet-off-the-ground position for her

DAY *101* THE BAKER'S PLEASURE

Knead her delicious flesh until she rises to your touch

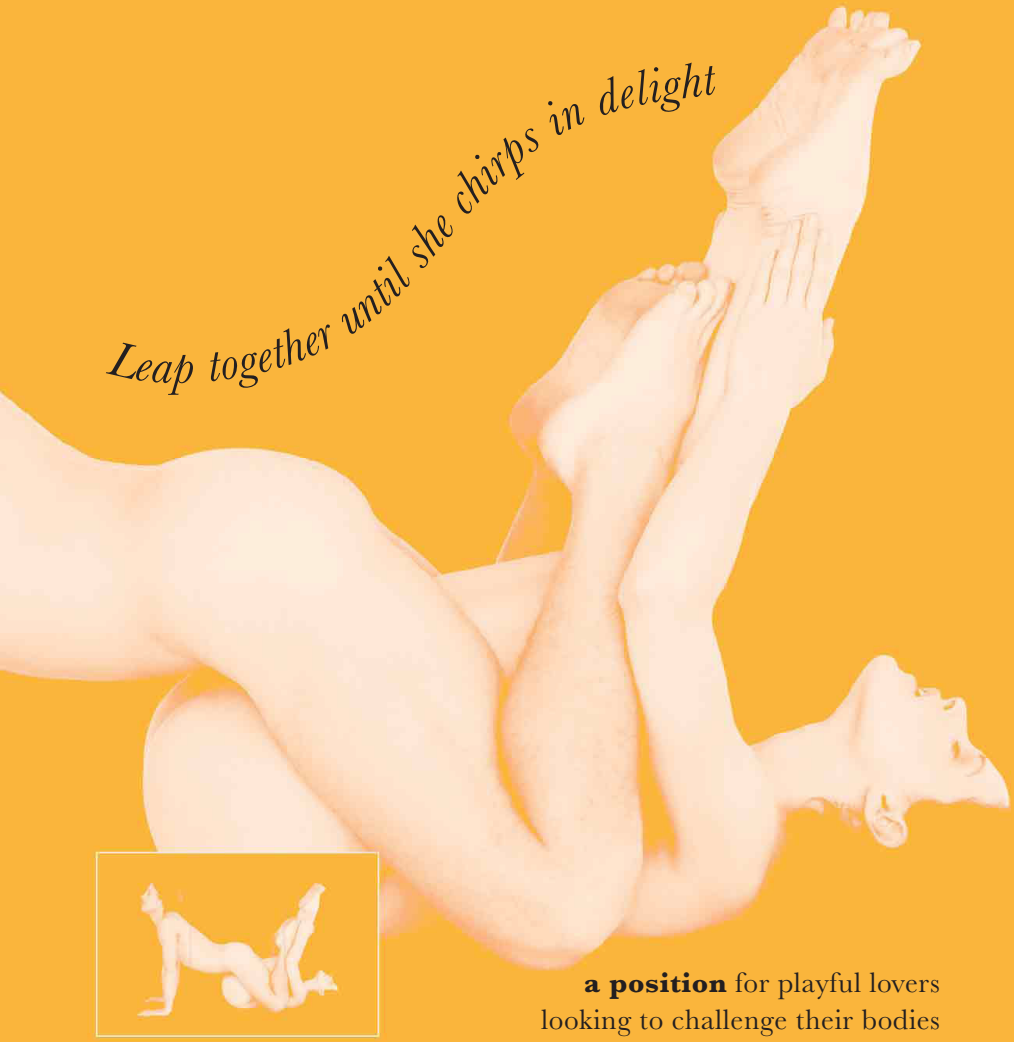
a man who attends to his lover's shoulders will always be welcome in her bed

Buck and bend like true satyrs

the upward angle allows the man a vertiginous view of his woman's back and bottom

DAY *103* THE JUMPING CRICKET

Leap together until she chirps in delight

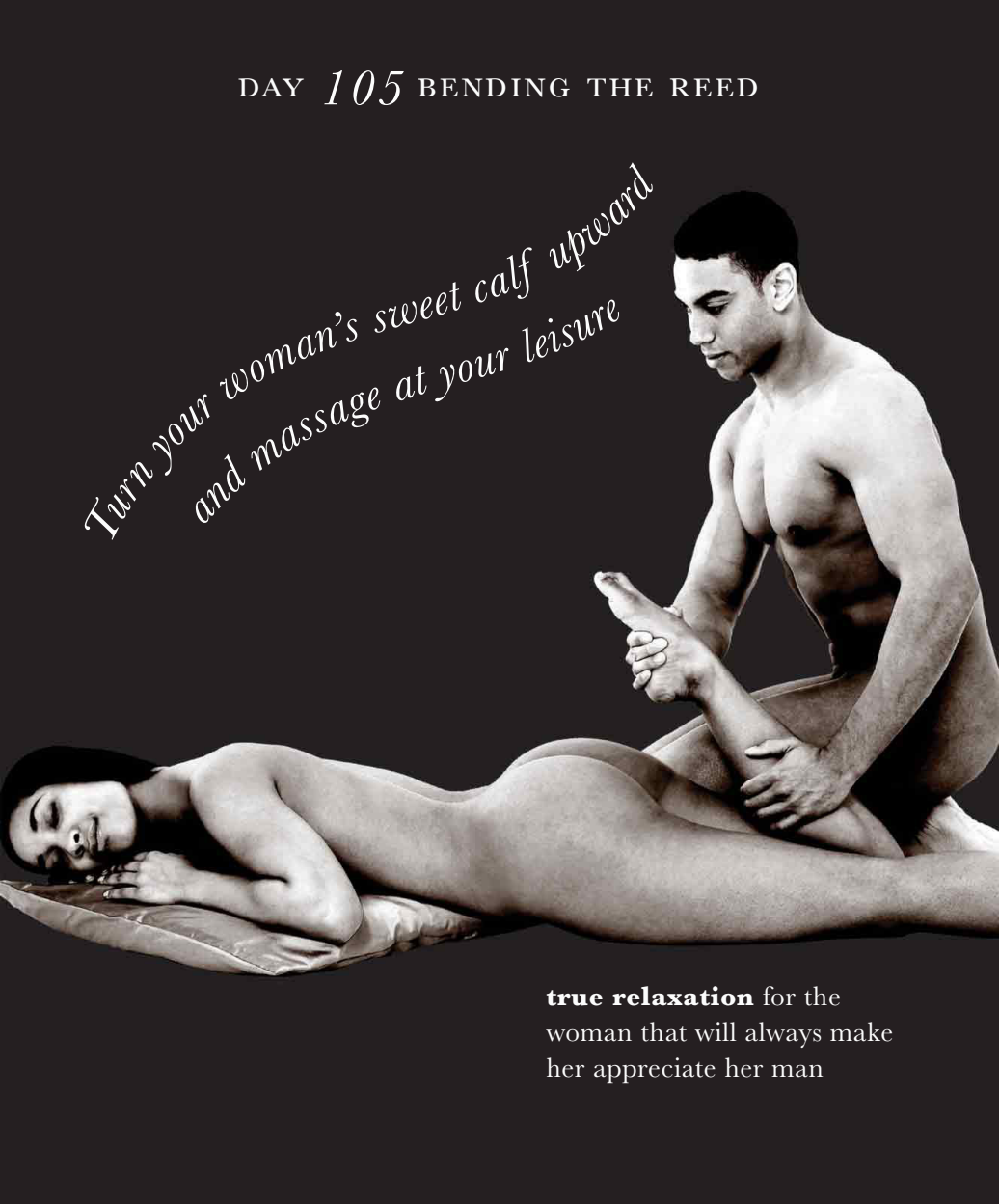


a position for playful lovers looking to challenge their bodies

DAY *104* THE HIGH KISS

Catch each other's lips and suck in languorous ease

the Kama Sutra defines this as her kissing his upper lip while he kisses her lower lip



true relaxation for the woman that will always make her appreciate her man

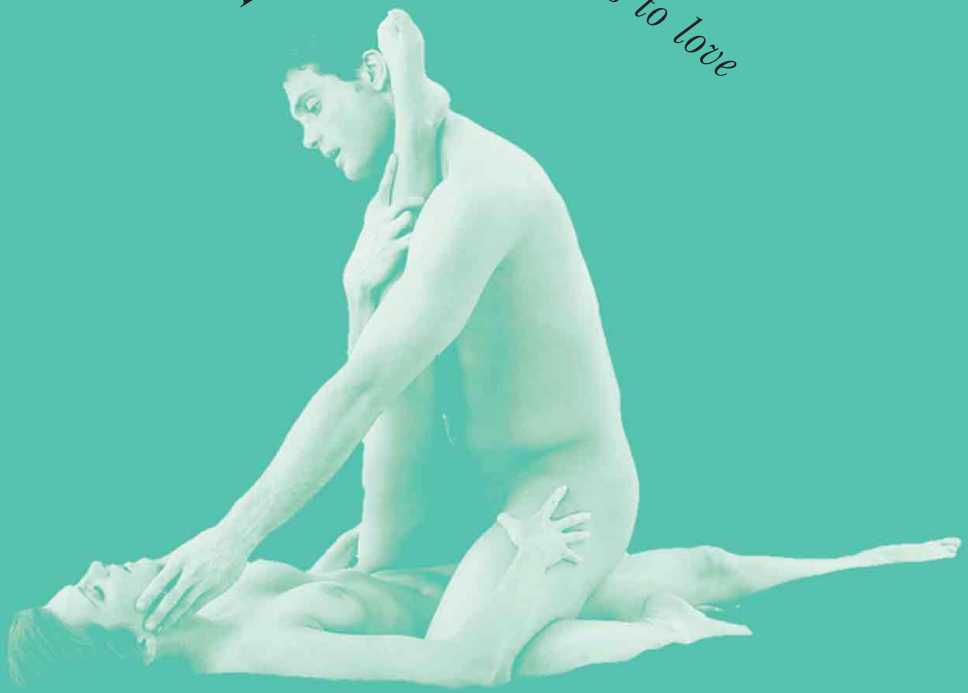
DAY *106* THE CROW

Take your lingering, licking, luscious time

according to the Kama Sutra, the Crow is so much fun that many a courtesan abandoned patrons who wouldn't indulge in it

DAY *107* FORCING THE GAZE

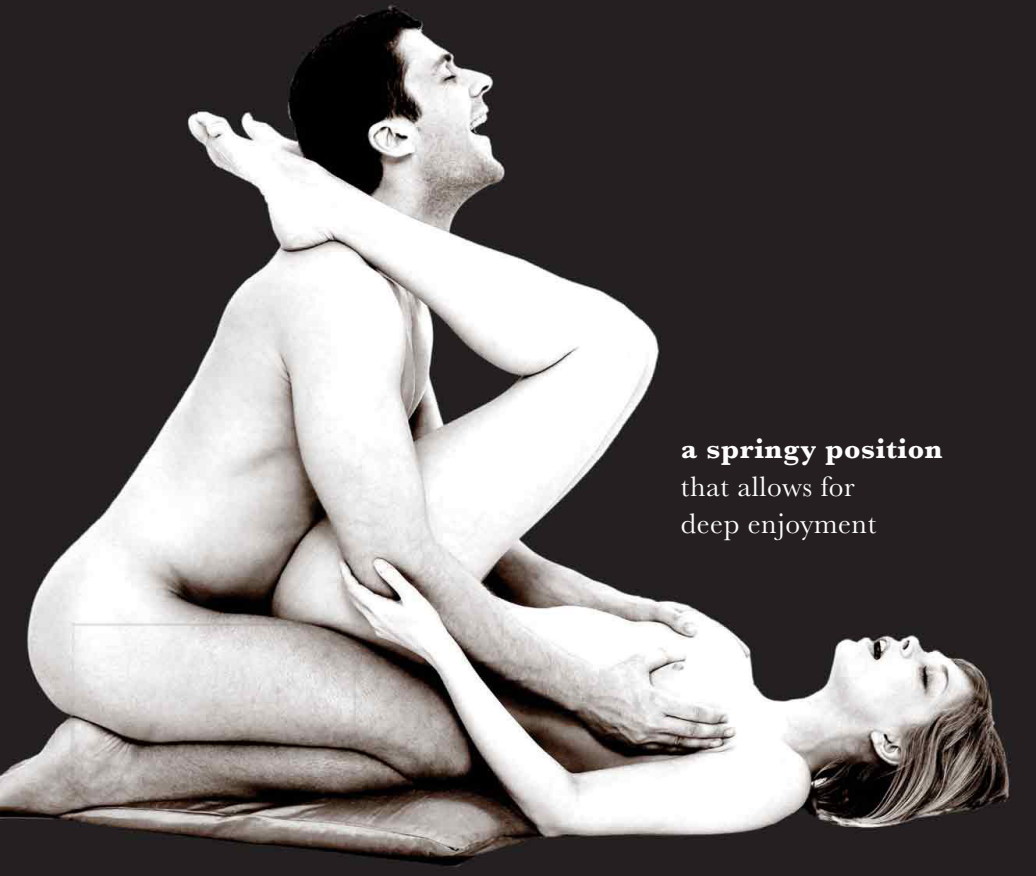
Break through shyness to love



if she turns her eyes away in unusual positions, gently steer her face and coax her to look at you

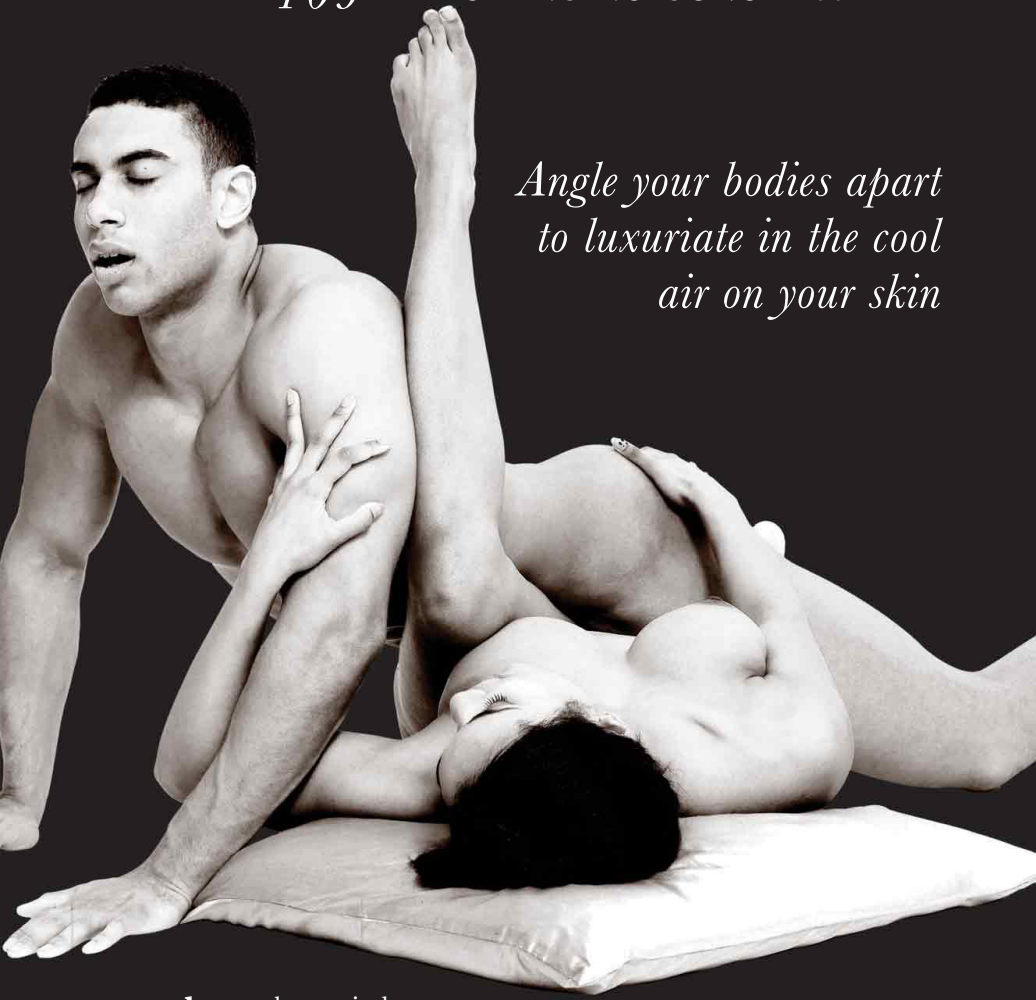
DAY *108* HALF JEWEL-CASE

A man treasuring his lover's yoni and breasts at once has wealth indeed



a springy position that allows for deep enjoyment

DAY *109* THE GLANCING CONGRESS

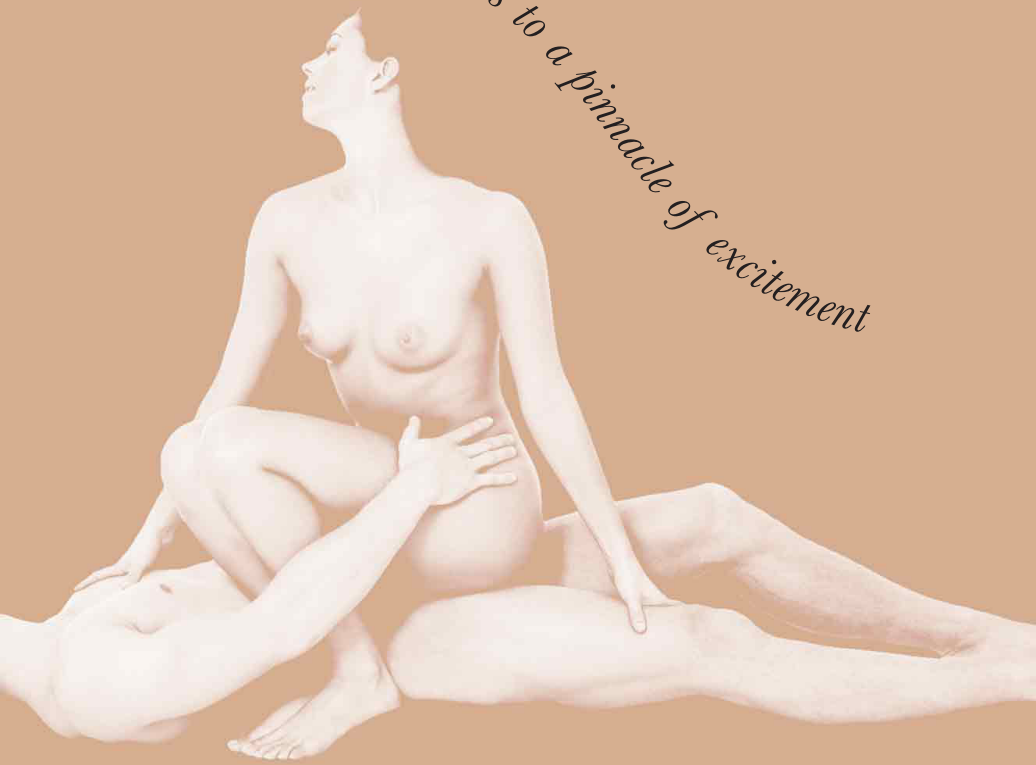


Angle your bodies apart to luxuriate in the cool air on your skin

an embrace best tried on a soft floor for a good stable base

DAY *110* THE POTTER'S WHEEL

Spin yourselves to a pinnacle of excitement



as she revolves on his hips, he can caress her beautiful thighs

DAY *111* THE BENDING EMBRACE

Press down on your beloved and shower her with kisses

if the man's hold is strong, this can be a deeply passionate embrace

DAY *112* LOVE FLICKERING INTO FLAMES

Gazing at the man's face, his beloved kisses him to wakefulness

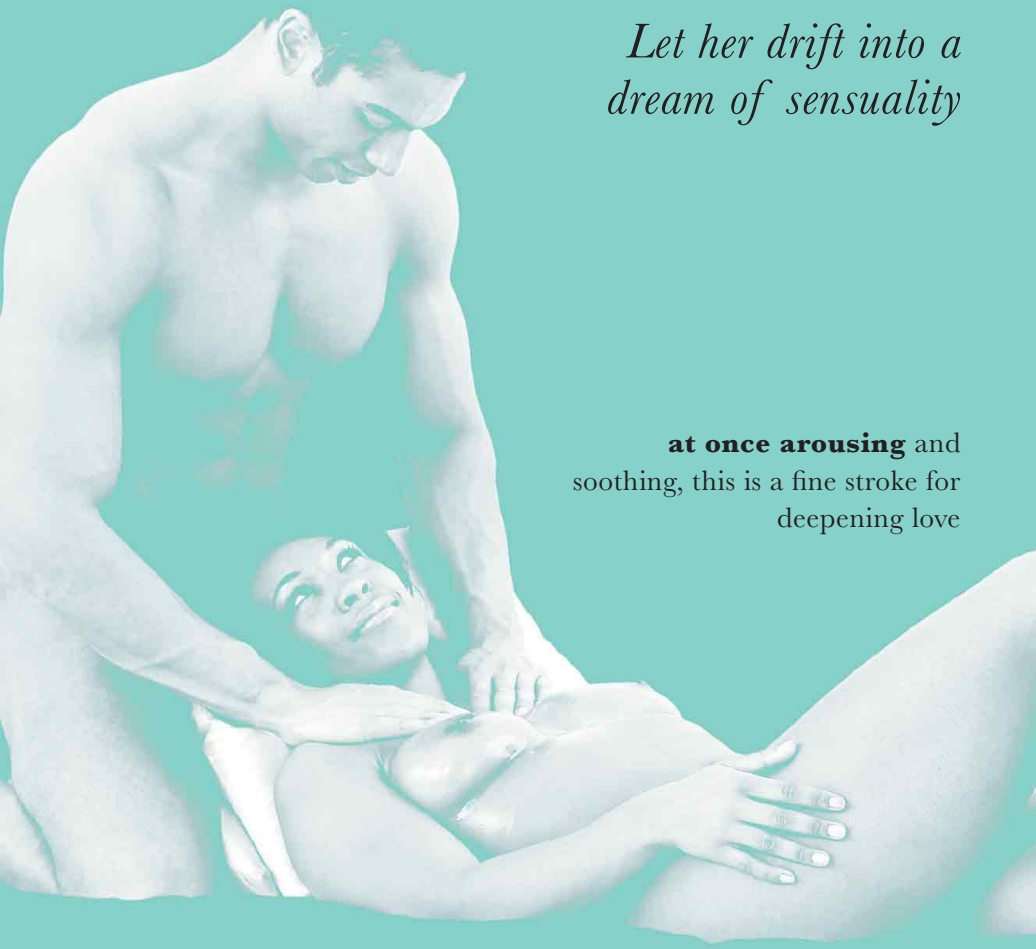
a delicious experience
that can kindle any kind of lovemaking

DAY *113* RISING POSITION

Thrusting upward, the couple floats toward climax

a clever man knows how to tease his lover's clitoris with his thumb from this stance

DAY *114* THE CIRCLING CARESS



Let her drift into a dream of sensuality

at once arousing and soothing, this is a fine stroke for deepening love

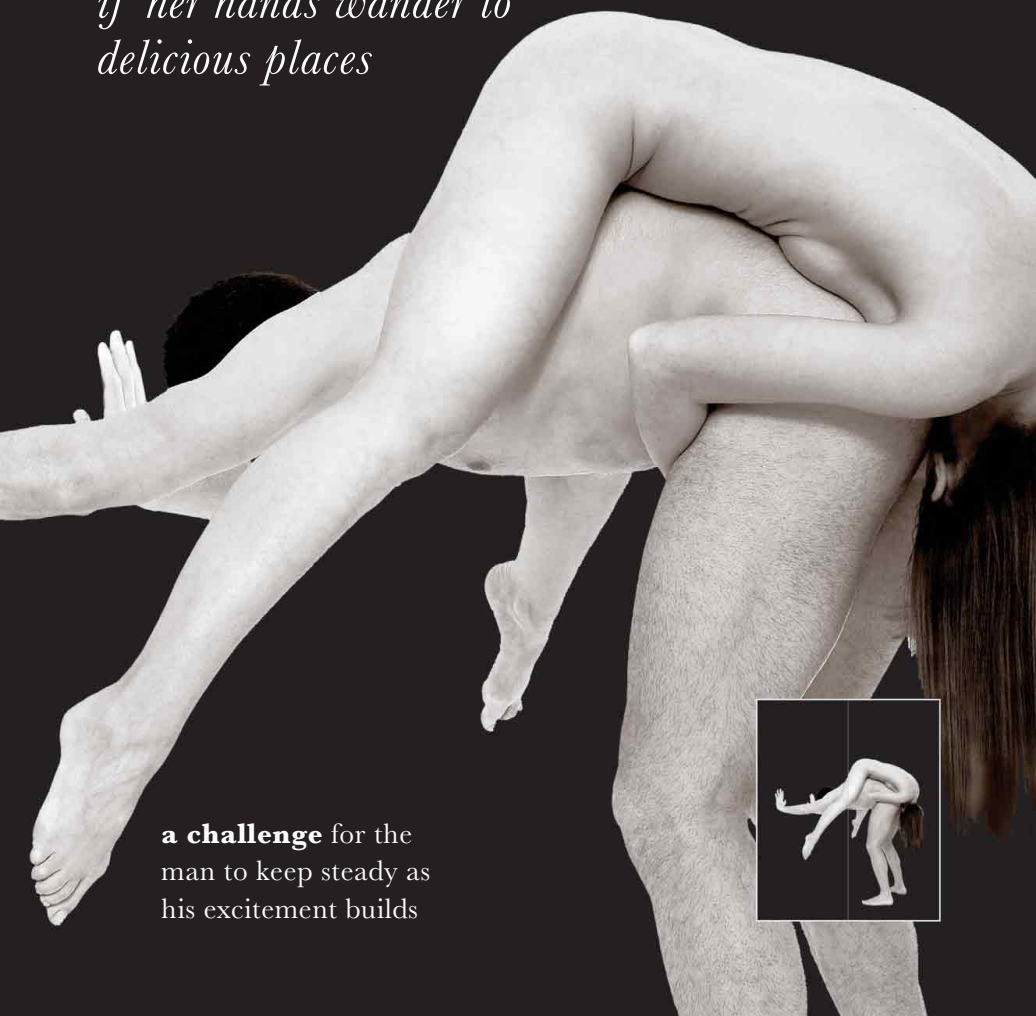
DAY *115* THE GRASS BLADE

Tickle him from below with your soft-stemmed tongue

a marvelous way to startle him into uninhibited laughter

DAY *116* THE TORTOISE SHELL

A beloved woman is no burden if her hands wander to delicious places



a challenge for the man to keep steady as his excitement builds

It's easy to be overwhelmed when you're off-kilter

good support for elbows and knees adds greatly to her comfort here

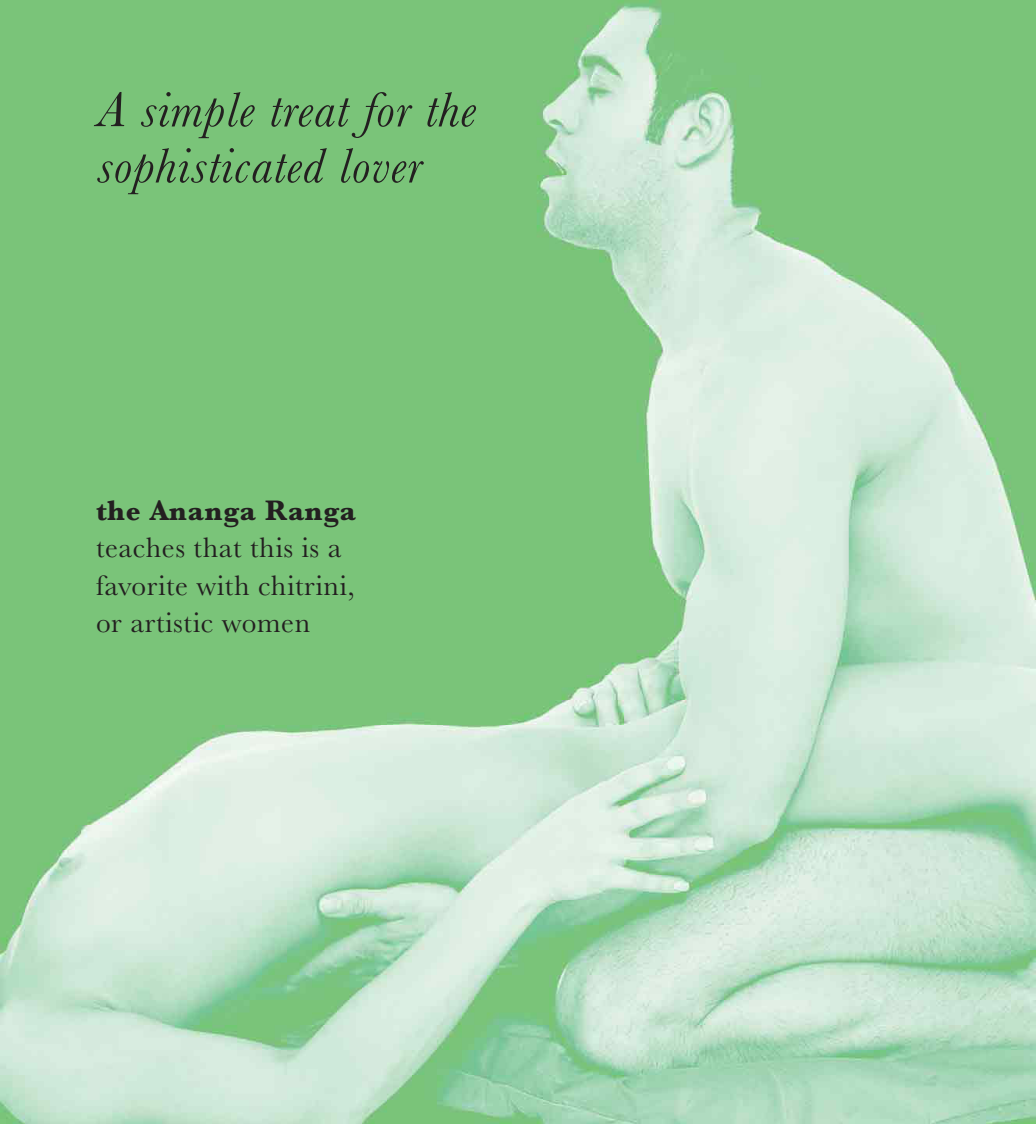
DAY *118* THE COBRA LEAVES THE NEST

Slither up and out—
and in again

a tricky and roguish position for lovers who like to laugh together

DAY *119* THE TOWN WAY

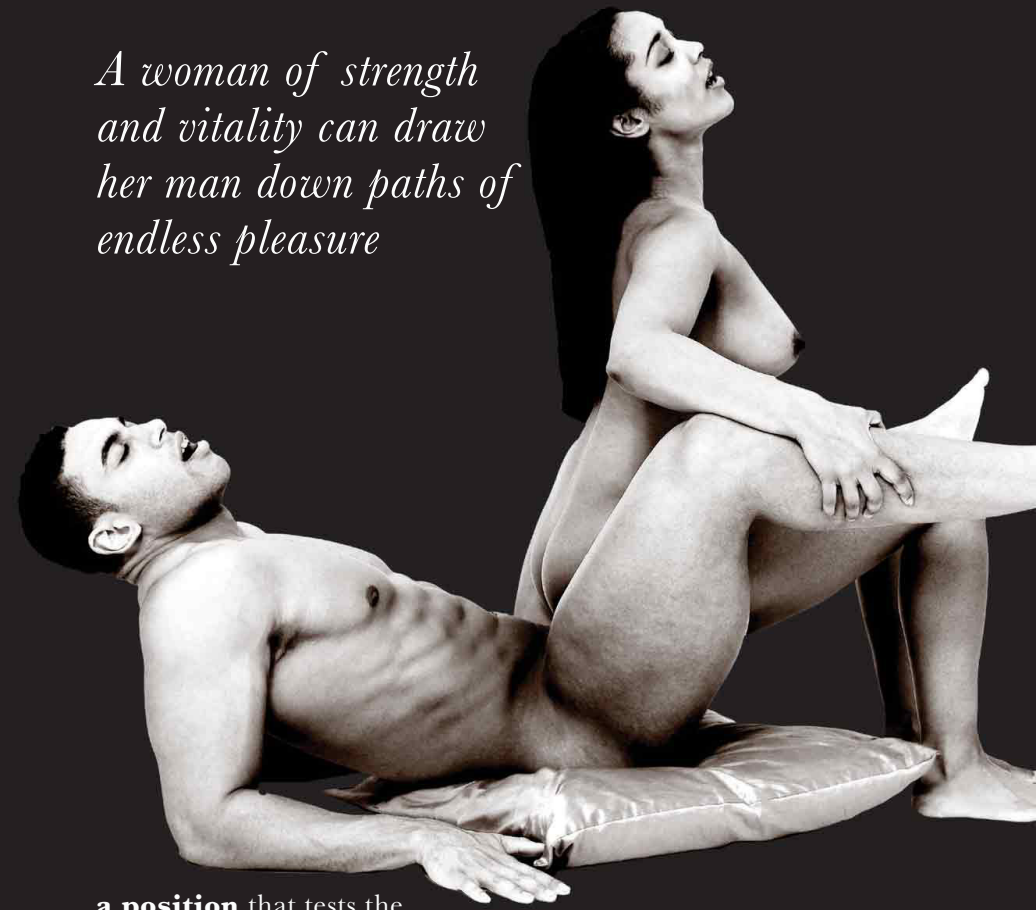
A simple treat for the sophisticated lover



the Ananga Ranga teaches that this is a favorite with chitrini, or artistic women

DAY *120* THE RICKSHAW

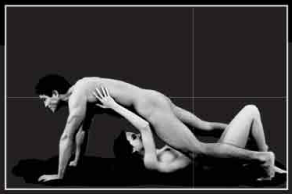
A woman of strength and vitality can draw her man down paths of endless pleasure



a position that tests the muscles, to be tried in a comfortable setting

DAY *121* THE TAUT RECIPIENT

Get his muscles and his passion all worked up



the strain of this pose can help drive the man toward an intense orgasm

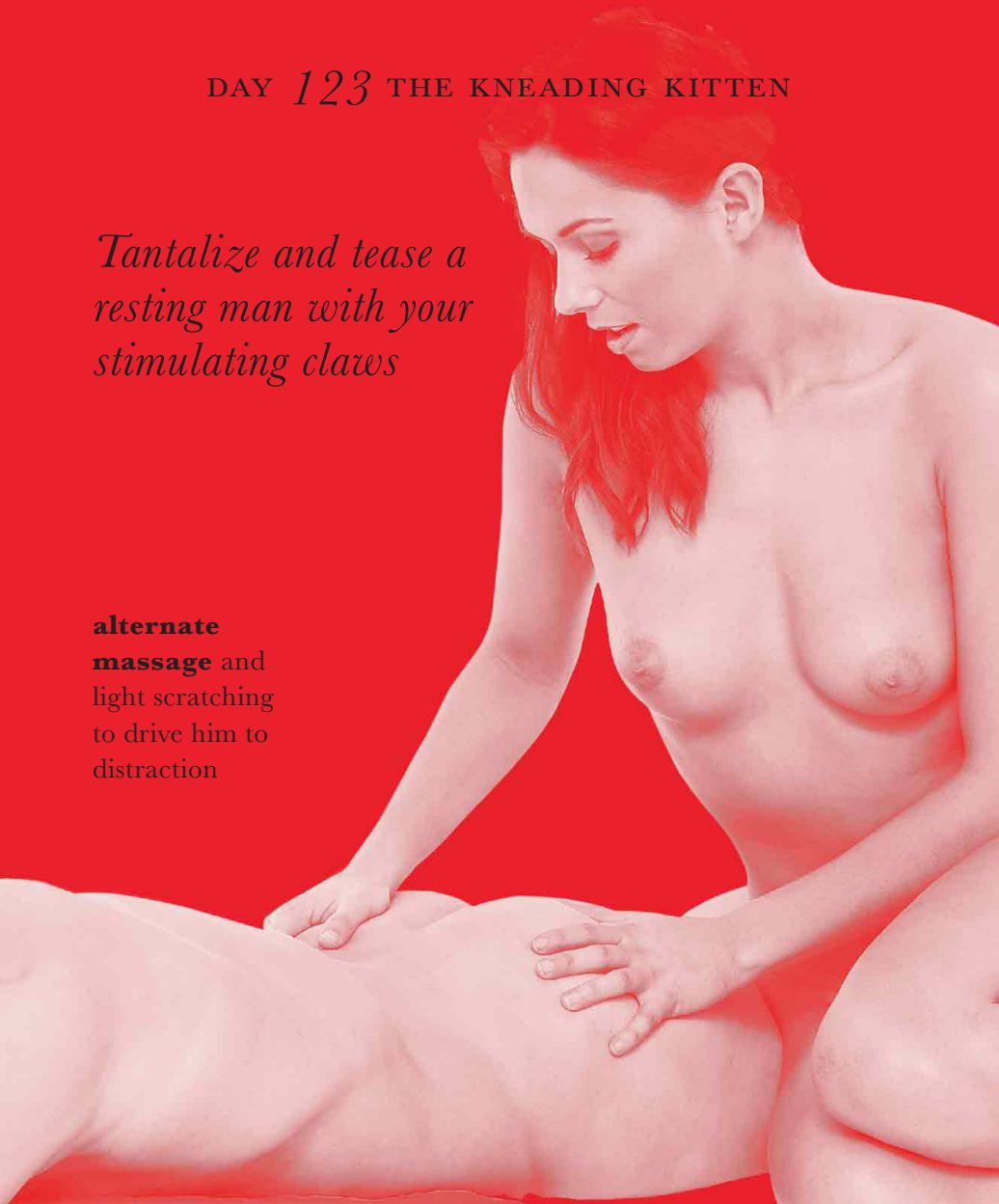
Shameless admiration of his tipped-up darling

a position that lets a man show all of his vigor

DAY *123* THE KNEADING KITTEN

Tantalize and tease a resting man with your stimulating claws

alternate massage and light scratching to drive him to distraction



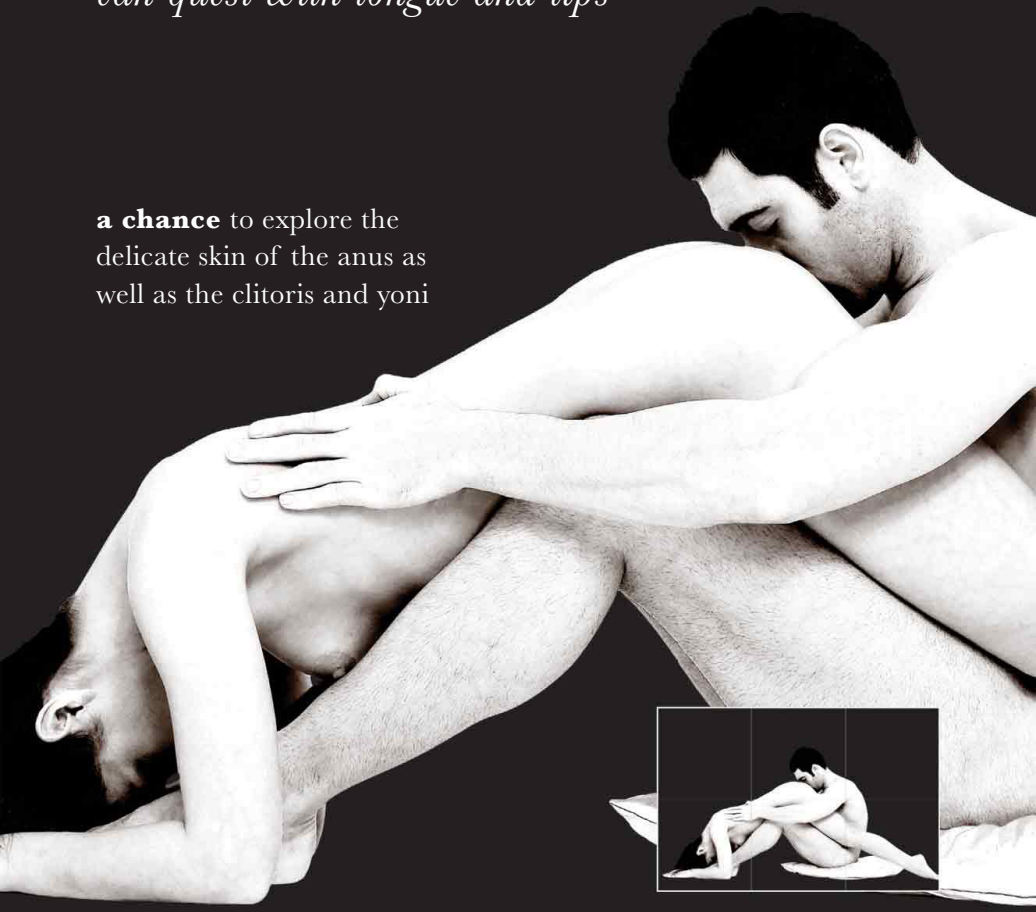
DAY *124* THE RESTING BUD

She tucks her limbs tight as a spring shoot

a fine position for deep entry

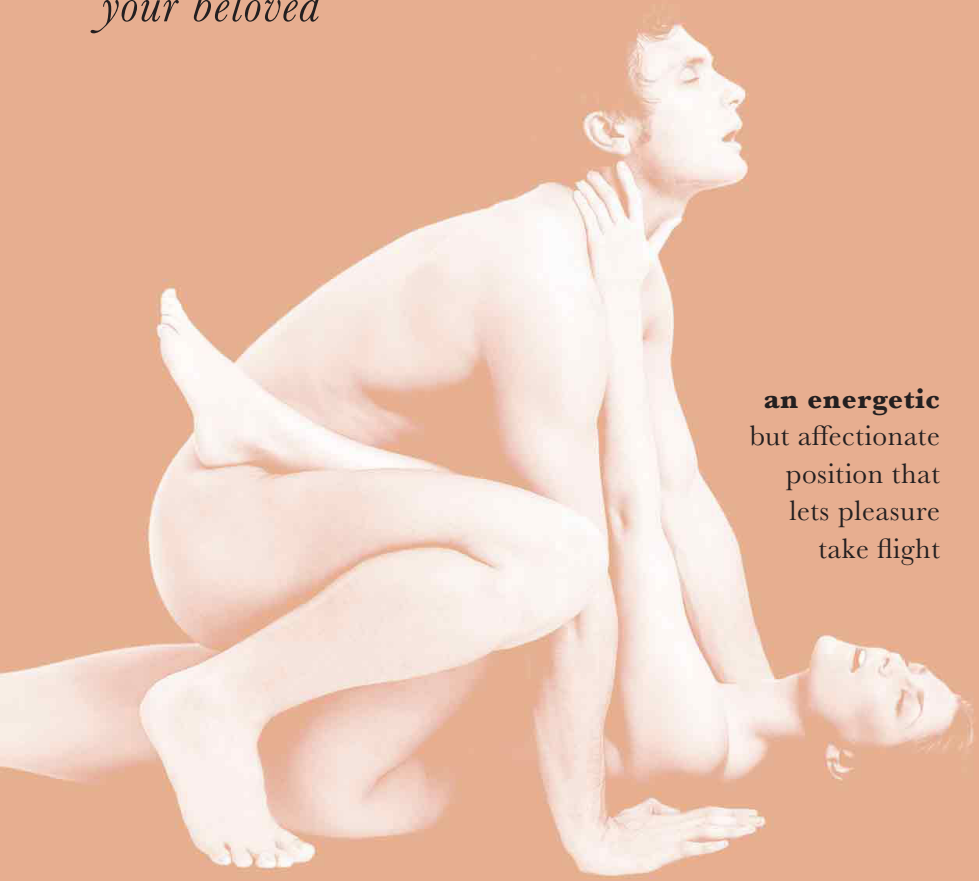
With a woman's treasures right before him, a man can quest with tongue and lips

a chance to explore the delicate skin of the anus as well as the clitoris and yoni



DAY *126* THE SWIFT'S NEST

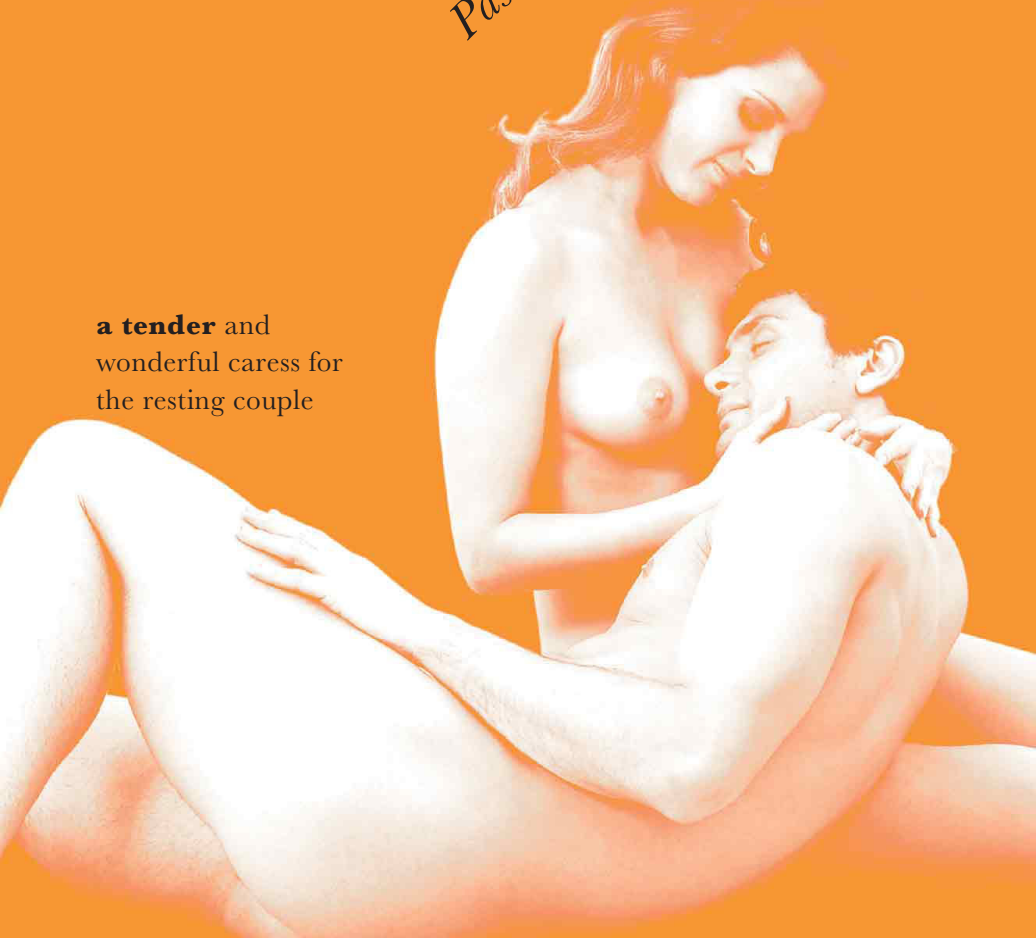
Fly safely home into your beloved



an energetic but affectionate position that lets pleasure take flight

DAY *127* CRADLED EMBRACE

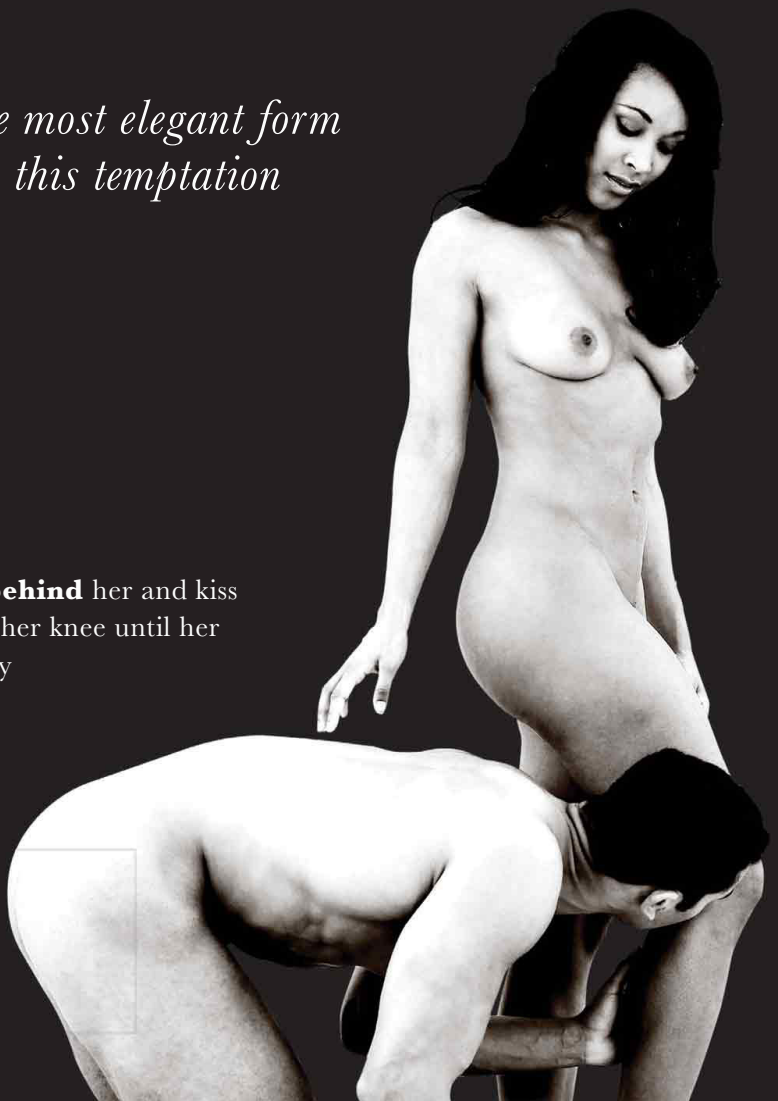
Passion distills into pure love



a tender and wonderful caress for the resting couple

Even the most elegant form bends to this temptation

come up behind her and kiss the back of her knee until her legs give way



DAY *129* THE LIFTED PLOW

Drive forward into passionate depths

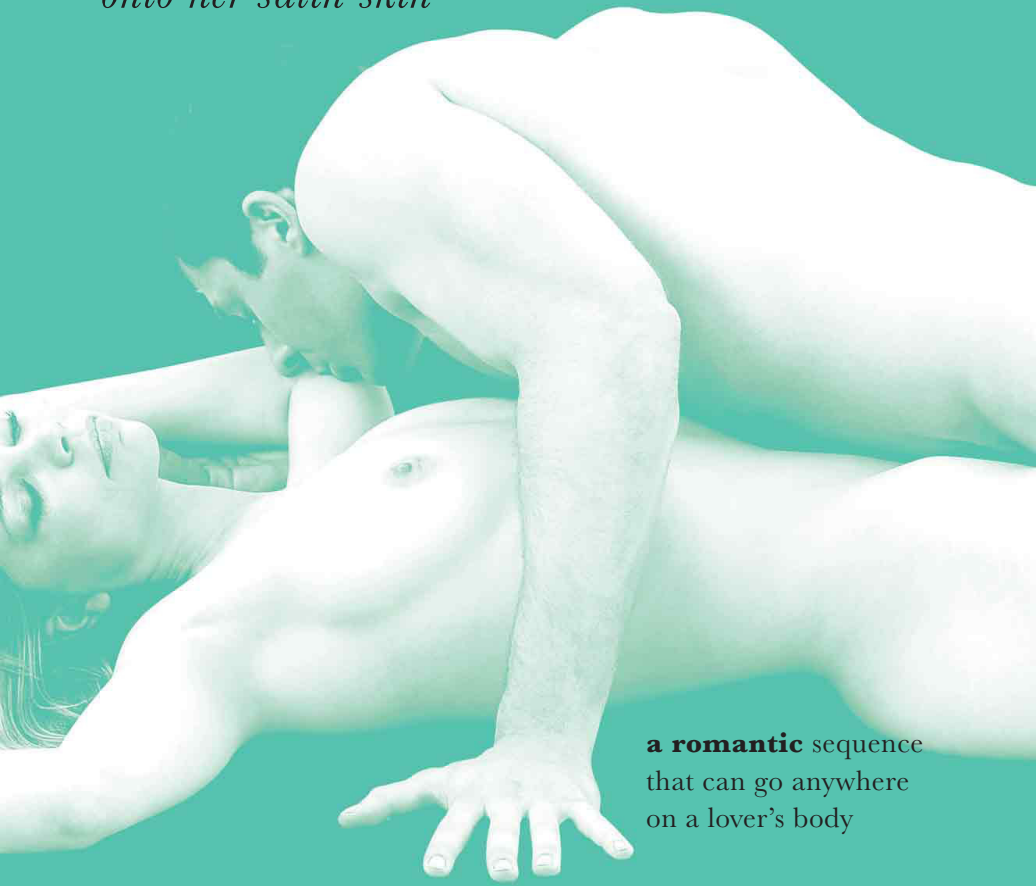
this requires a strong woman, but allows the man to thrust fast and hard

The delicate flesh of a woman's earlobe is a feast for the tender tongue

hold your lover firmly while she squirms in ecstasy

DAY *131* THE PATTERING KISS

Rain one salute after another onto her satin skin



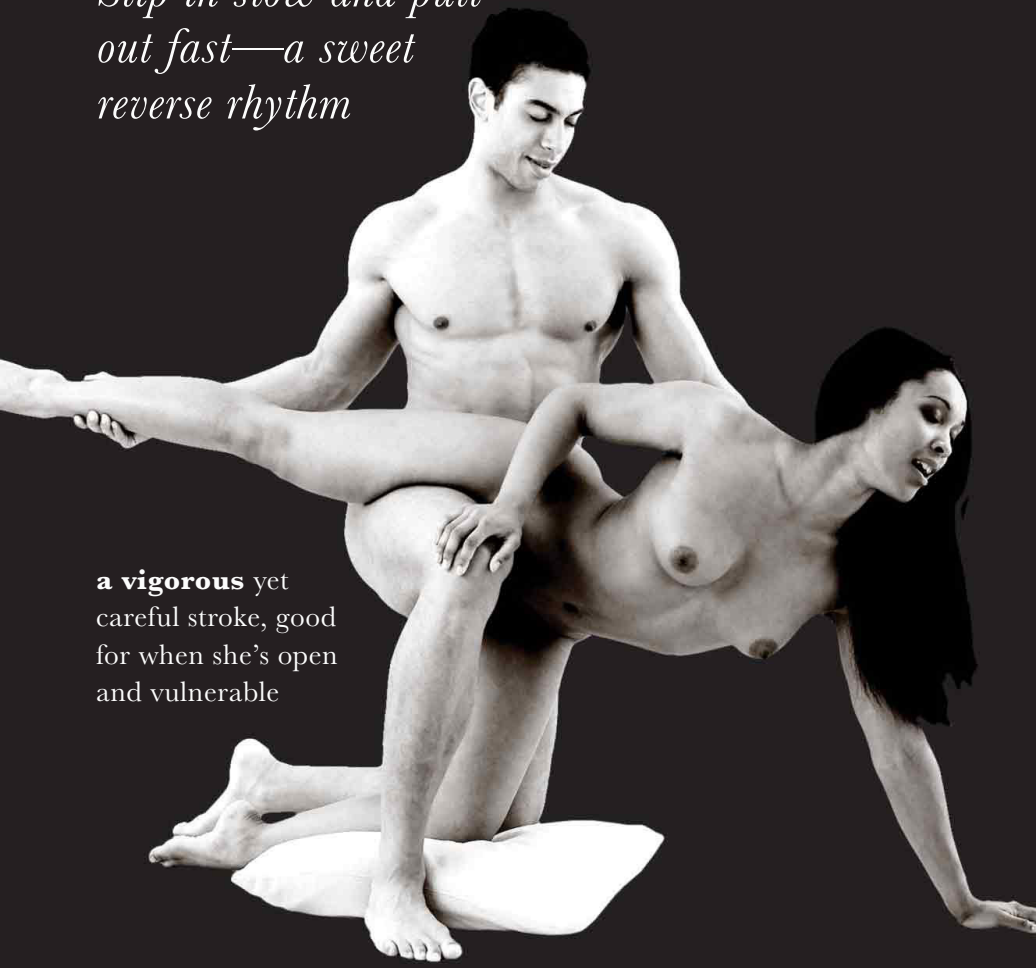
a romantic sequence that can go anywhere on a lover's body

Slide up one then the other for never-pausing arousal

use lubricant for smooth, unbroken flow

DAY *133* SLIDING STRIKE

Slip in slow and pull out fast—a sweet reverse rhythm



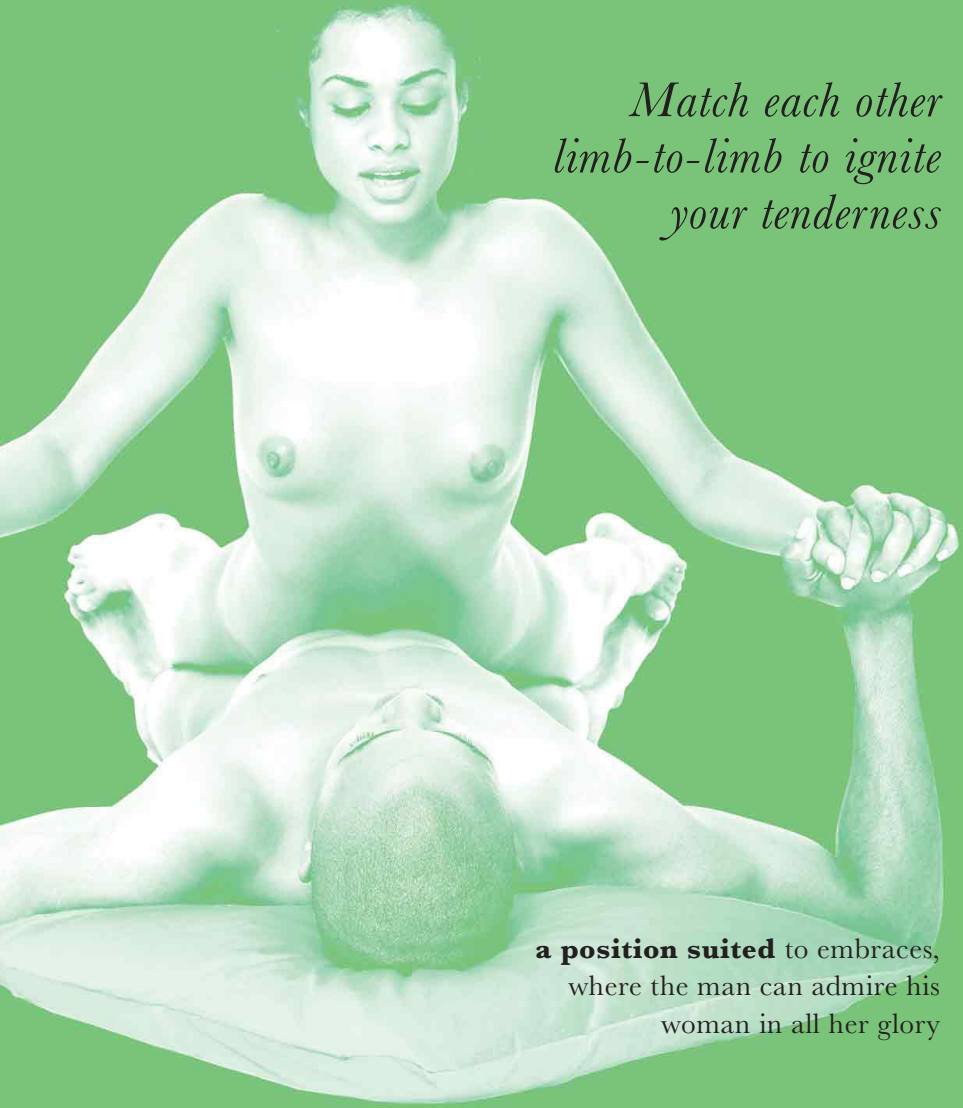
a vigorous yet careful stroke, good for when she's open and vulnerable

DAY *134* THE TRIPOD

A rough-and-ready stance for lingering strokes

the Panchasayaka defines the Tripod as the man holding one of the woman's knees while his hands caress her

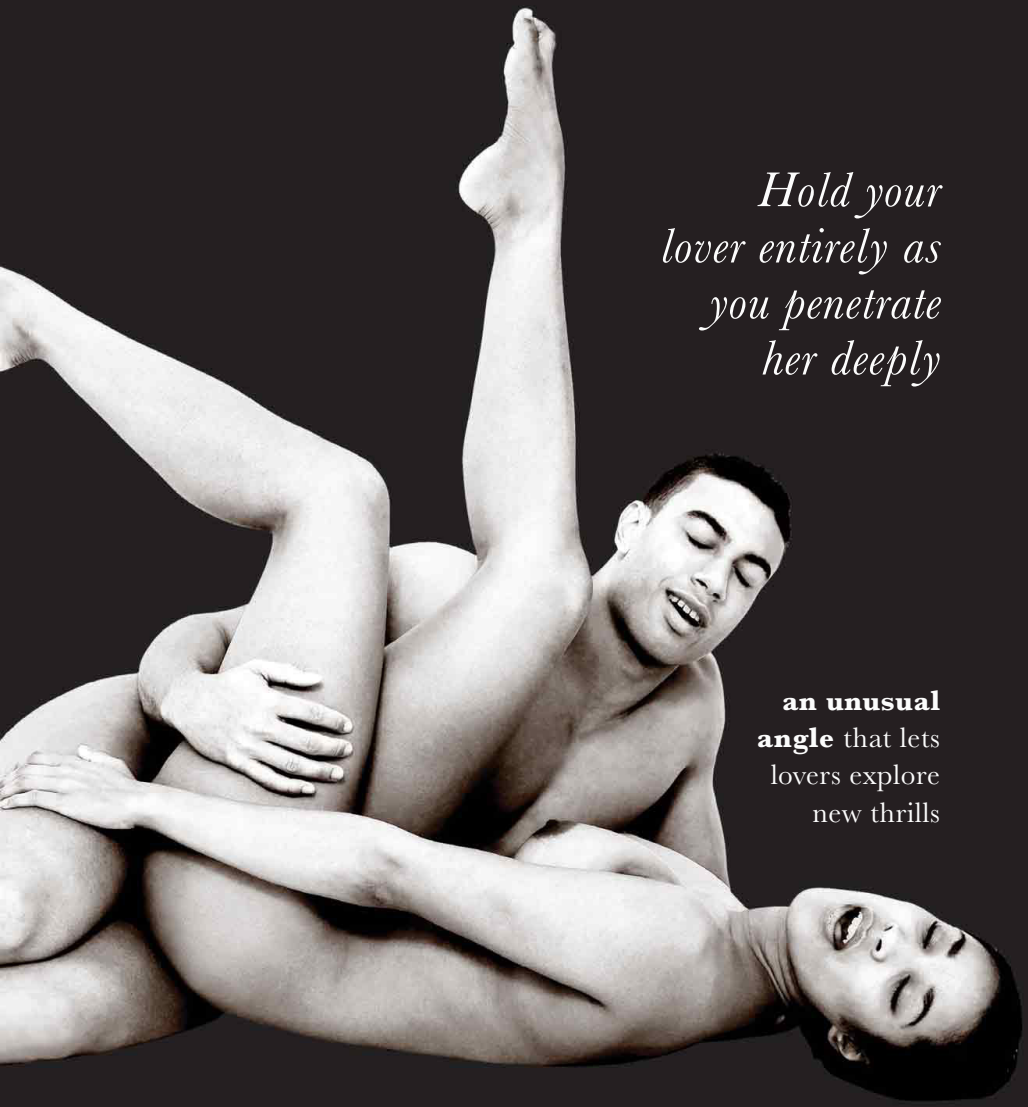
DAY *135* THE MIRRORED FLAME



Match each other limb-to-limb to ignite your tenderness

a position suited to embraces, where the man can admire his woman in all her glory

DAY *136* THE TUMBLED HOLD



Hold your lover entirely as you penetrate her deeply

an unusual angle that lets lovers explore new thrills

DAY *137* THE TREMBLING KISS

Nibble lightly until anticipation shivers into pleasure

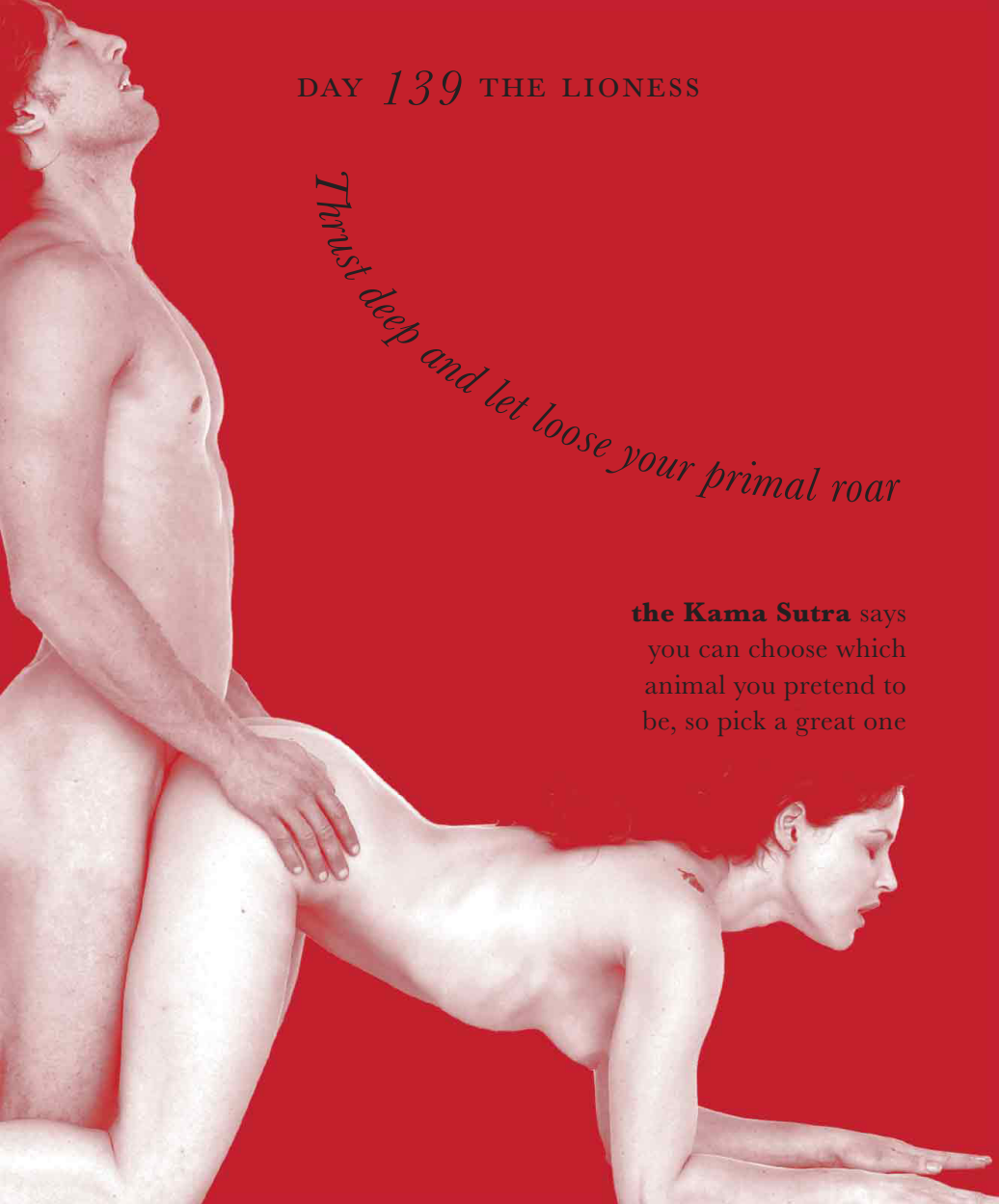
a light, exploratory kiss—save your tongue for later

DAY *138* CHUMBITAKA (KISSING)

Round your lips and kiss passionately

hold off on the sucking and lavish all your attention on his sensitive underside

DAY *139* THE LIONESS



Thrust deep and let loose your primal roar

the Kama Sutra says you can choose which animal you pretend to be, so pick a great one

DAY *140* THE TUMBLERS

A feat of balance to show off to each other

if you get comfortable, this allows for deep penetration, but clowning can be fun too

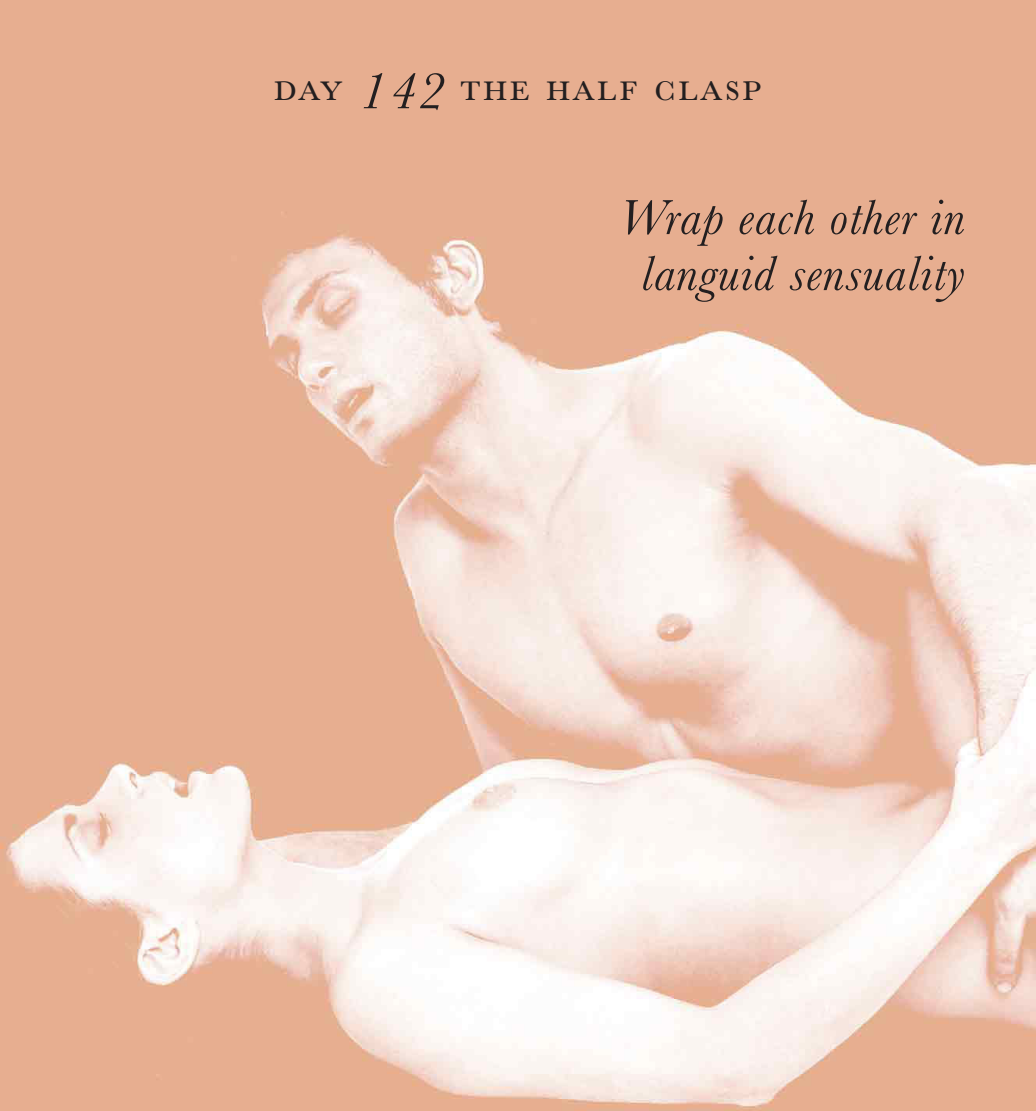
DAY *141* THE TRAPPED DOGS

Press yourselves together in animal curiosity

a playful embrace to explore each other genital-to-genital

DAY *142* THE HALF CLASP

Wrap each other in languid sensuality



a comfortable position for slow, loving congress

DAY *143* THE FOAL'S KISS

Nestle up behind her for a good nuzzle

a fun way to get your beauty's attention in the morning

Furled around her lover, she grows tender

a way to fill your romance
with the joys of spring

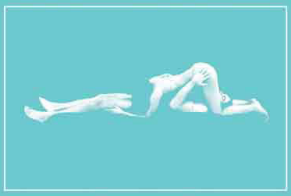
DAY *145* THE TURNAROUND

A grinding, glorious twist

particularly good if his erection naturally angles downward

DAY *146* THE NESTING CROW

Let the beautiful woman mount to the heights



a comfortable variation
on an old favorite

DAY *147* THE RECLINING WRAP

Hold your woman's thighs and enjoy her feminine flesh

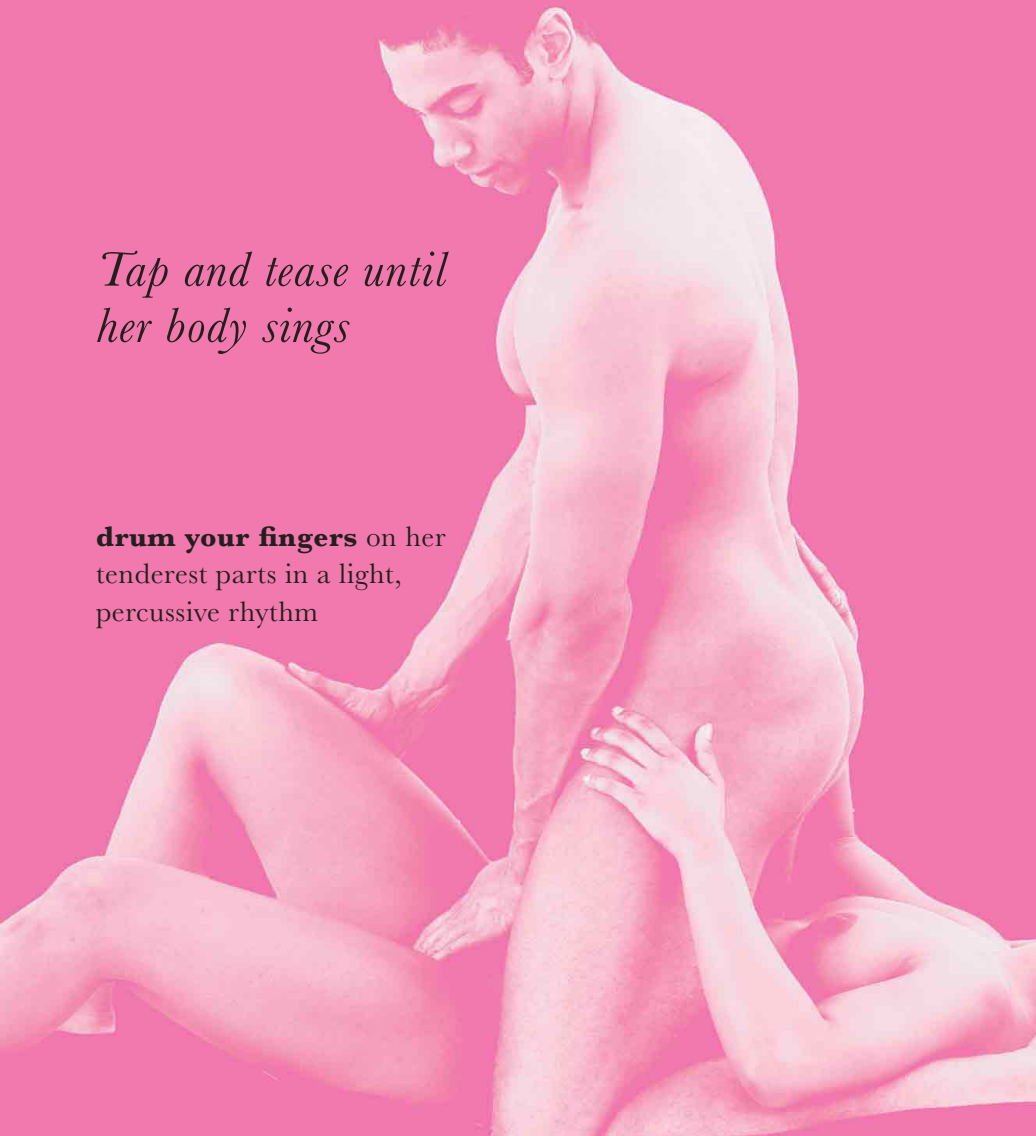
this embrace lets the man appreciate his lover's lush legs while nestling his genitals close to hers

Lean against a wall as your lover grinds her hips to pleasure you both

in this posture, the man acts as an anchor while the woman controls the movement

Slide slowly up and down his jade stem, taking time to feast your senses

the man should have a stool to brace himself, as this position is taxing



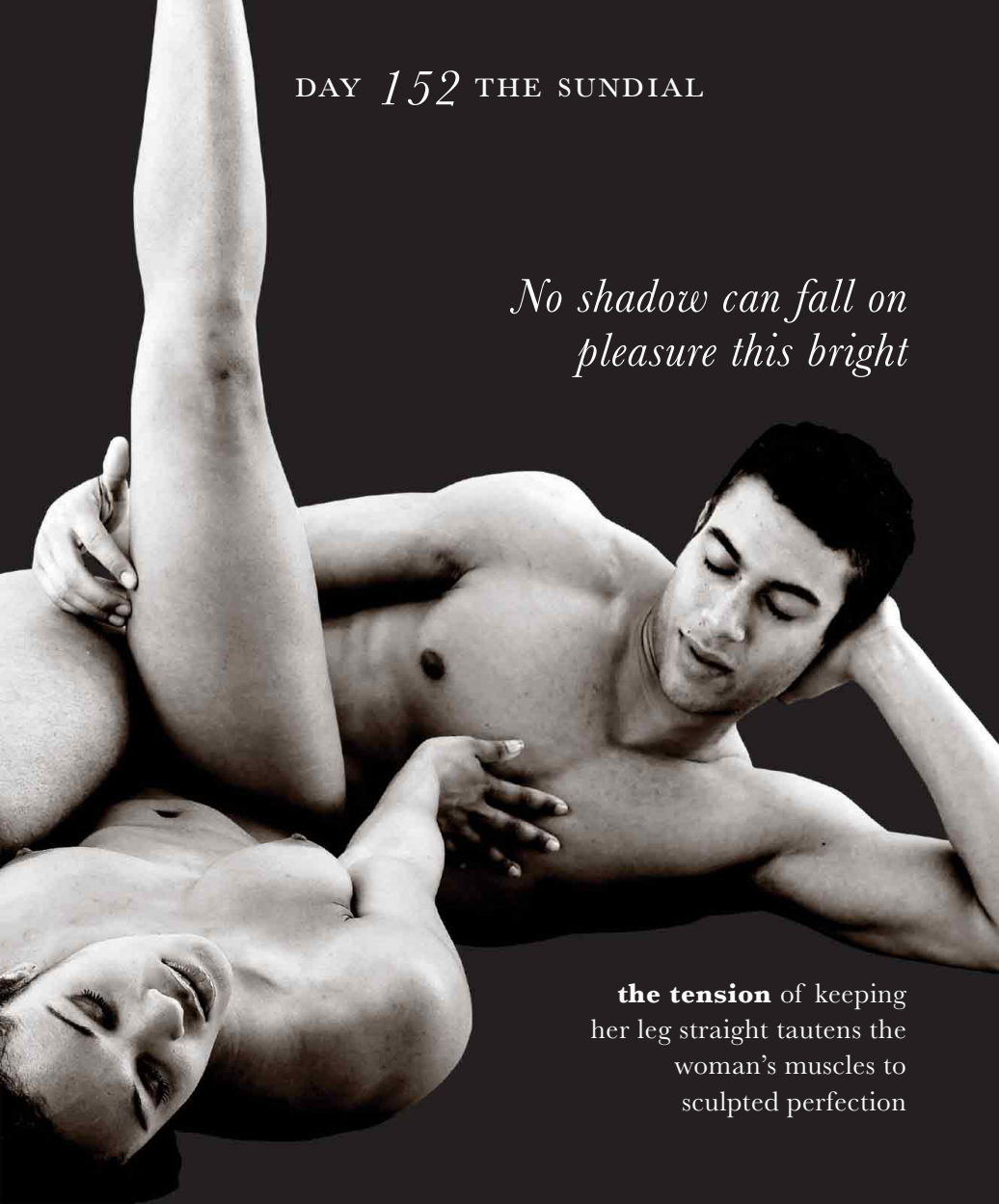
Tap and tease until her body sings

drum your fingers on her tenderest parts in a light, percussive rhythm

DAY *151* TIPPING THE AMPHORA

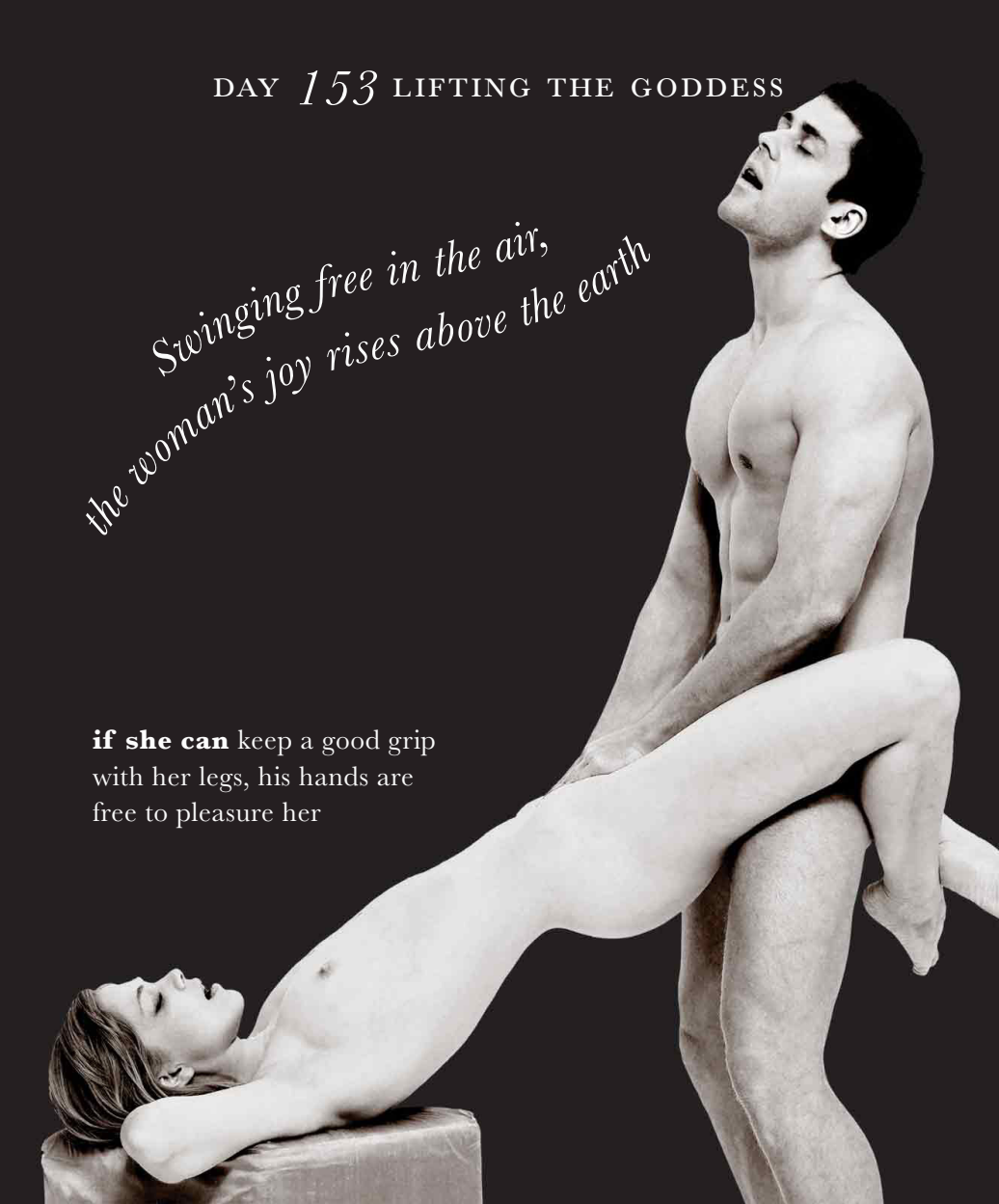
Get a good grip and challenge gravity

wisest to do this over a soft surface for your own peace of mind



No shadow can fall on pleasure this bright

the tension of keeping her leg straight tautens the woman's muscles to sculpted perfection



Swinging free in the air, the woman's joy rises above the earth

if she can keep a good grip with her legs, his hands are free to pleasure her

DAY *154* THE HARROW

Dig deep and slow in her soft furrows

he might slip out if you try this too fast, so go at a good measured pace

DAY *155* KISS OF BREATH

A shivering, sensuous thrill

don't quite kiss: just let your breath tickle your lover's stretched skin

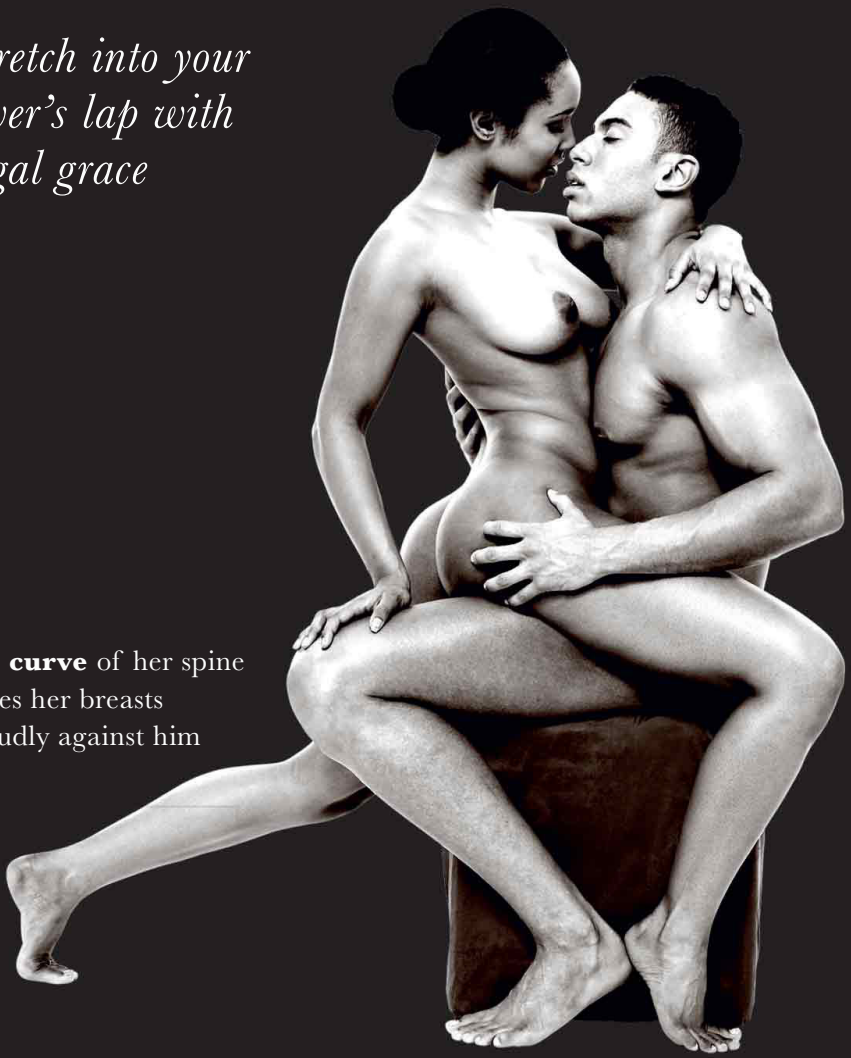
DAY *156* HALF-CURLED

Wrapped lightly in her lovely legs, he presses forward

a position that suits anal penetration as well

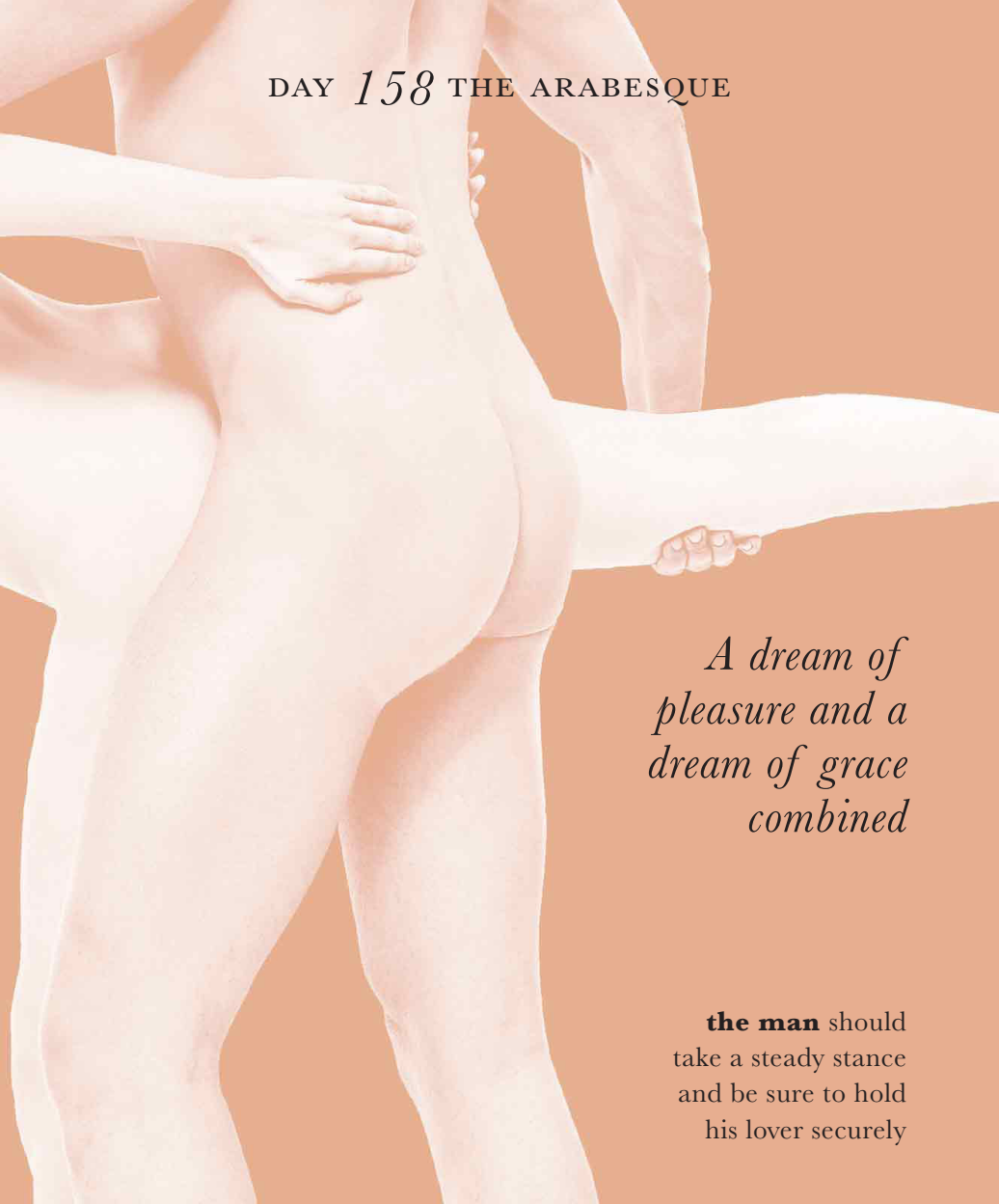
DAY *157* THE DANCER'S APPROACH

Stretch into your lover's lap with regal grace



the curve of her spine raises her breasts proudly against him

DAY *158* THE ARABESQUE



A dream of pleasure and a dream of grace combined

the man should take a steady stance and be sure to hold his lover securely

DAY *159* THE EAGLE'S PERCH

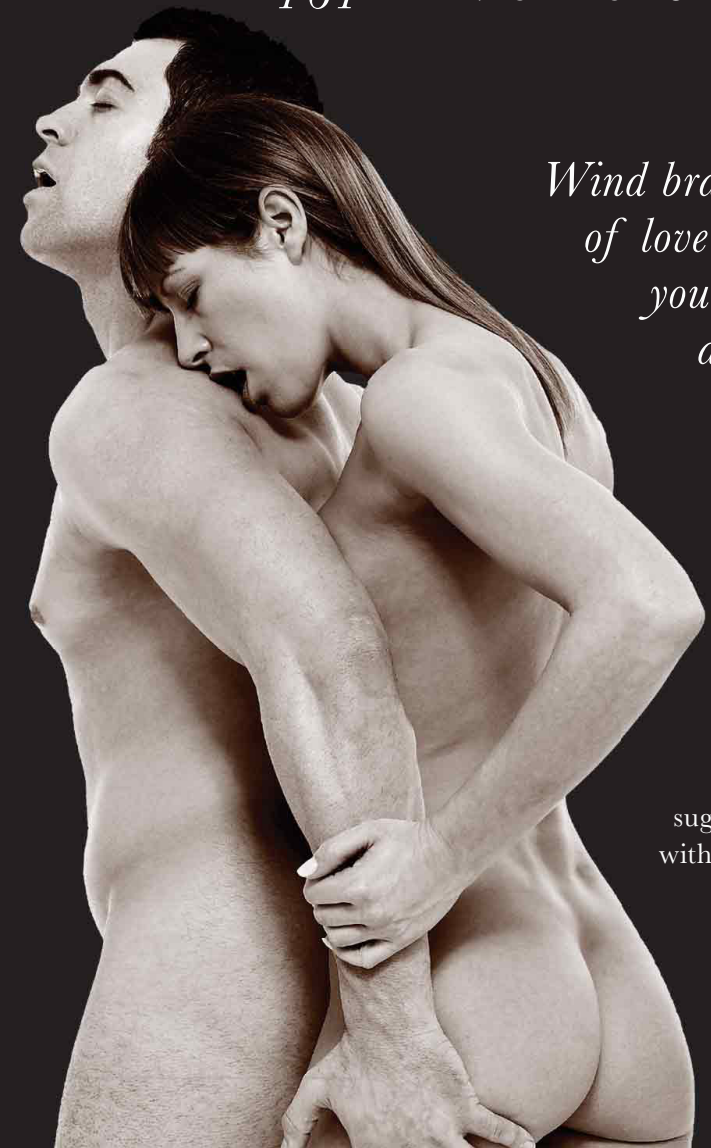
Breathless anticipation before the downward swoop

a pose that tantalizes her desires while impressing her with his strength

Offer yourself up for absolute exposure

if she's limber enough to sustain this, the rush of blood to the head is thrilling

DAY *161* THE NECKLACE OF CORAL



Wind branching loops of love bites around your lover's neck and shoulders

the Kama Sutra suggests pressing only with the upper incisors

DAY *162* THE SAILOR'S PROW

Feel the motion as you ride secure against your lover's thighs

from this position, a man can admire his lover's back and bottom while enjoying the touch of her breasts

DAY *163* THE SLEEPING KISS

Stir his dreams with your lips

in a few minutes,
he wakes up primed
and passionate

The cunning artisan unlocks her lover's desires

the crossed keys of her feet hold his head so he must gaze at her

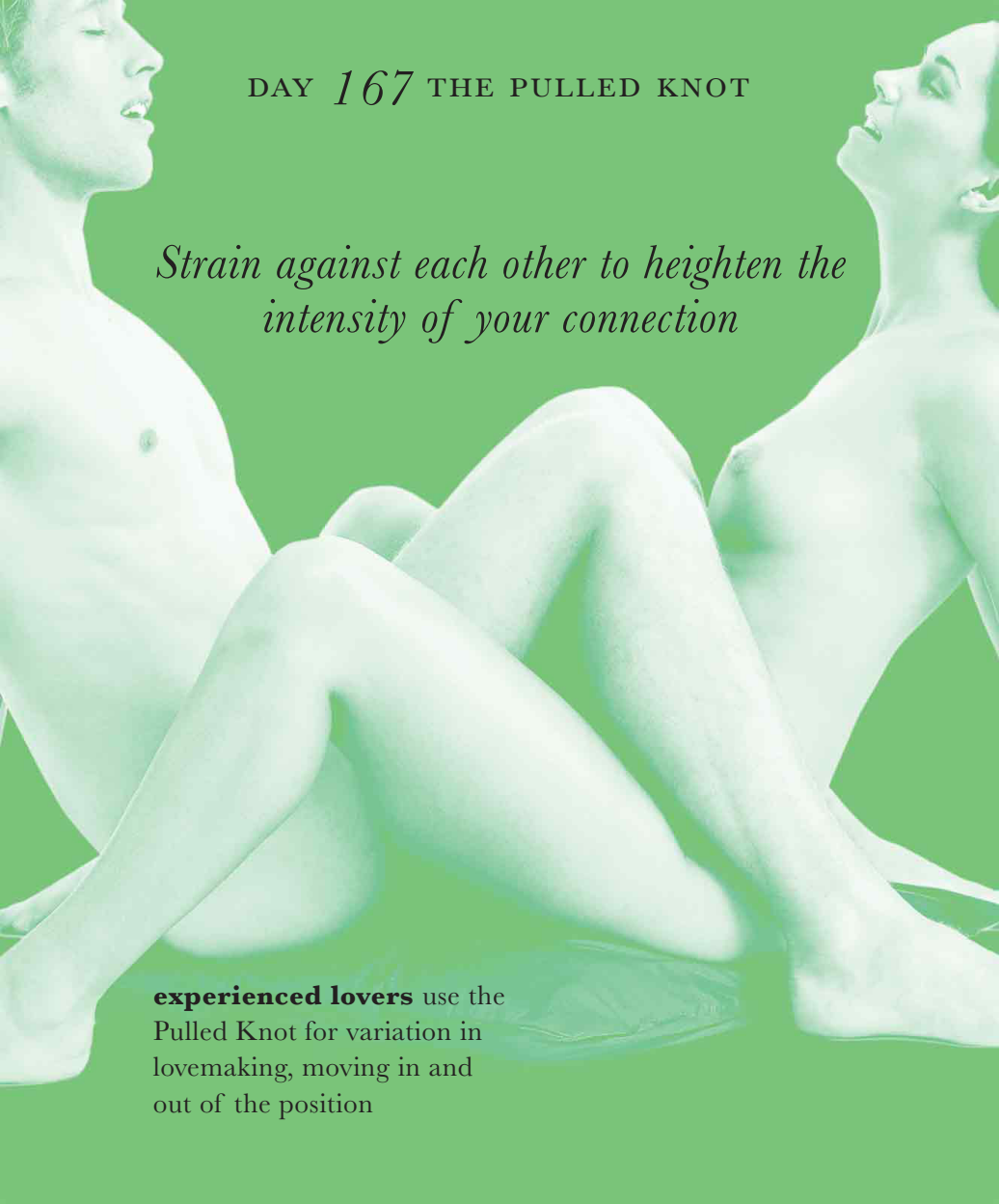
Guide your beauty to a freewheeling climax

this is one of the most natural and easy variants of the lifted-woman theme

DAY 166 THE RUSTIC

An earthy delight for the passionate woman

it can be easy for the man to slip out of his woman in this one, but rubbing against her clitoris is just as lovely

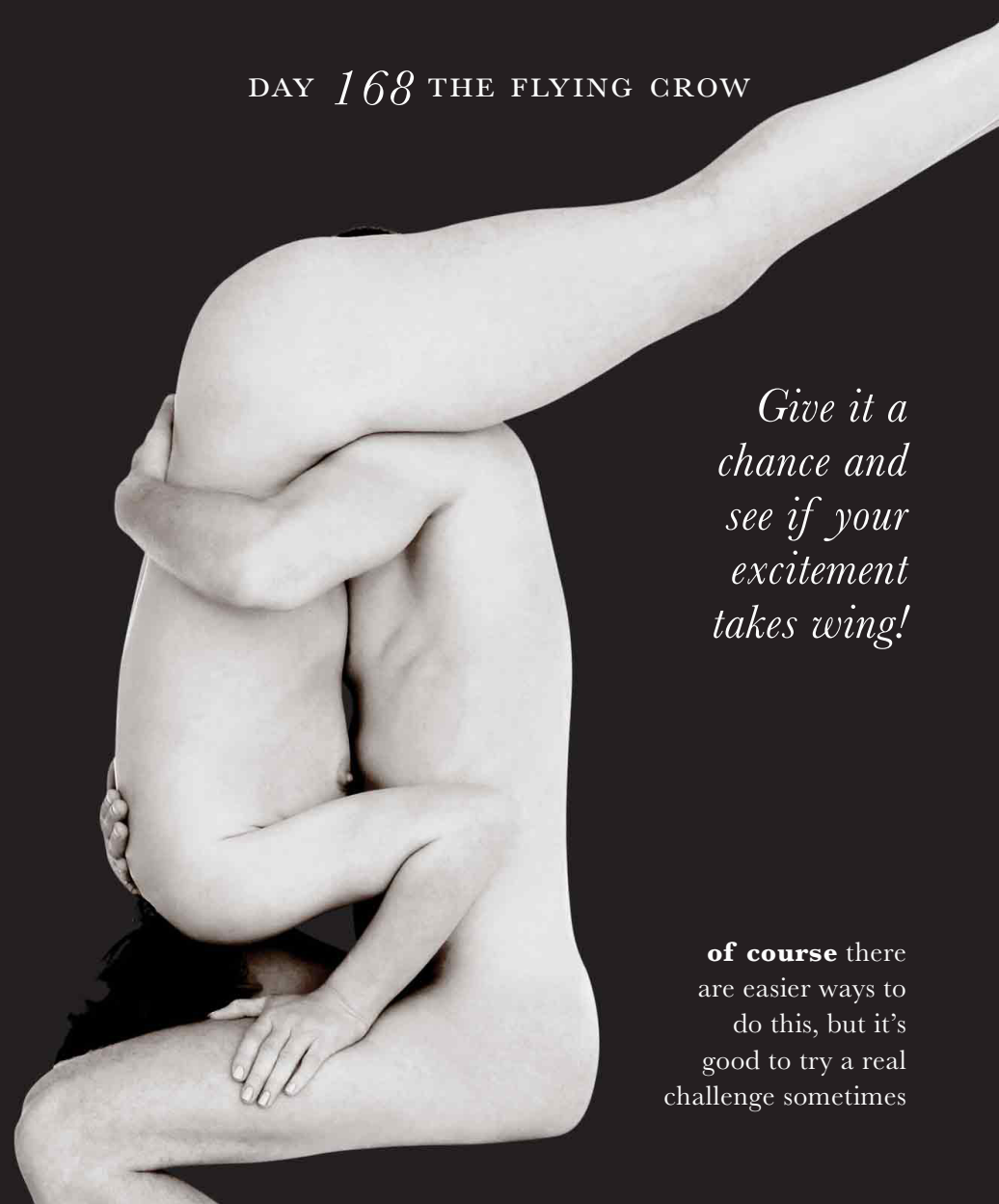


DAY *167* THE PULLED KNOT

Strain against each other to heighten the intensity of your connection

experienced lovers use the Pulled Knot for variation in lovemaking, moving in and out of the position

DAY *168* THE FLYING CROW



Give it a chance and see if your excitement takes wing!

of course there are easier ways to do this, but it's good to try a real challenge sometimes

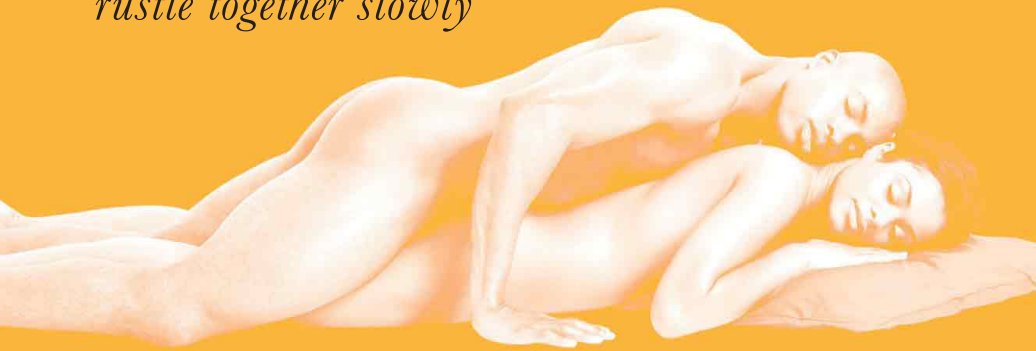
DAY *169* SITTING ENTHRONED

Resting impaled, the woman squeezes her muscles around her lover

if she tires, her lover can support her by wrapping his arms around to help her balance

DAY *170* FALLEN LEAVES

Rest one atop the other and rustle together slowly



a sweet and tender
position for loving partners

DAY *171* PALM STRIKE

Build up a rhythm, making love to her skin

pull back your fingers so just the hard flesh of your palm makes its impression

DAY *172* THE CREEPING CAT

Arch and rub against your master

a comfortable stance that allows for affectionate role-play

DAY *173* CHURNING CURDS

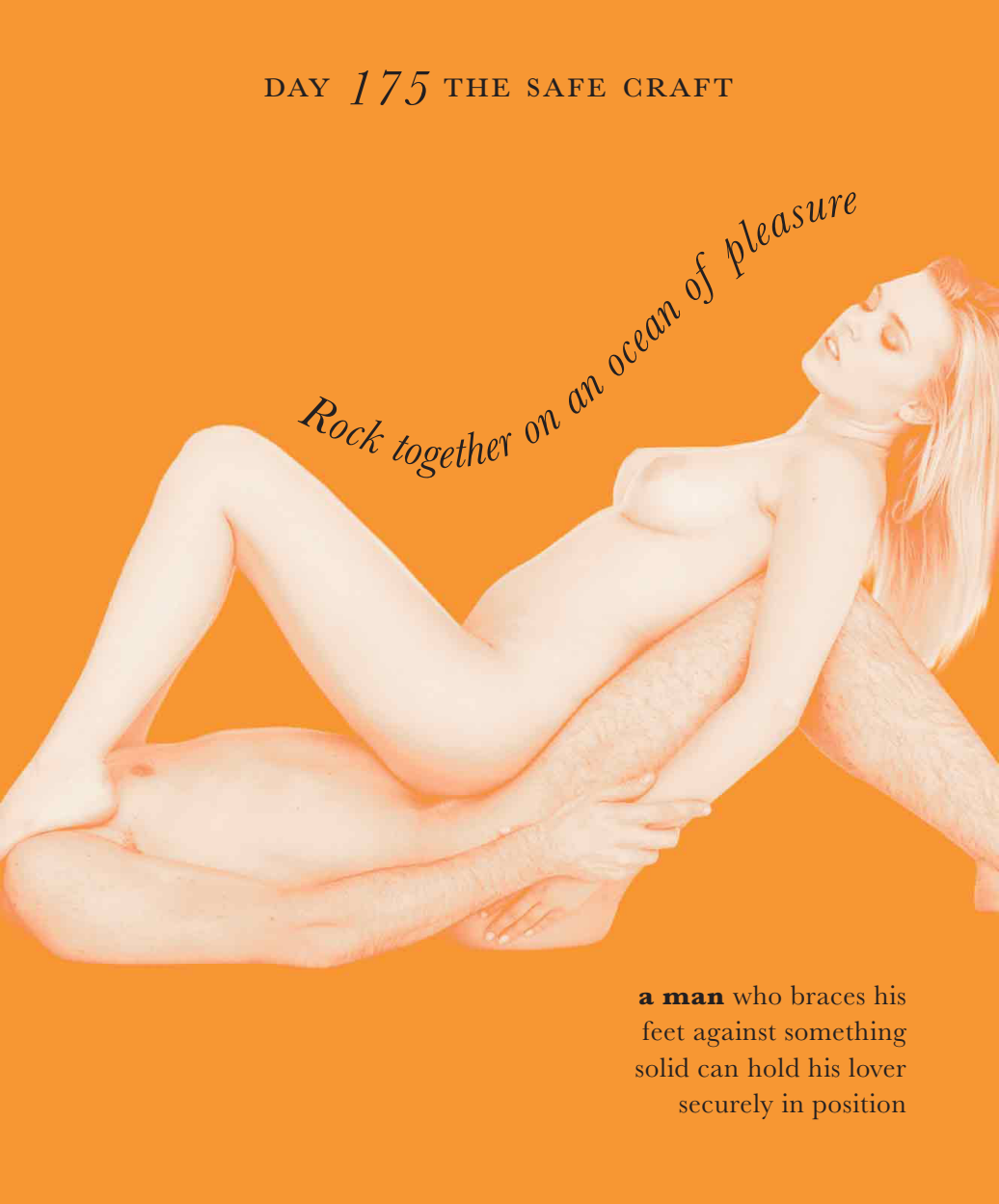
Sink in with slow, fierce delight

for an easier alternative, try resting the woman on a good, sturdy table

DAY *174* THE SPLIT SWING

Rock to and fro against each other, keeping blissful time

challenging to the muscles but peaceful in mood, this is one for lovers who know each other well



a man who braces his feet against something solid can hold his lover securely in position

DAY *176* THE SNAKE'S NEST

Coil into curiosity

an unusual twist on rear entry
for the adventurous couple

Bolster yourself for a beautiful vista

a lovely woman's writhing back is a sight to warm any man, so aim for a good view

DAY *178* THE DOUBLE BOW

Pull your bodies taut and feel them strum against each other

when the man holds his chest still and grinds with just his hips, this is particularly exciting

DAY *179* THE HORSEWOMAN'S EMBRACE

Throw your leg high around your lover and pull him to you

penetration can be a little uncertain like this, but there are few more enchanting caresses

Grind her nipples diamond-hard

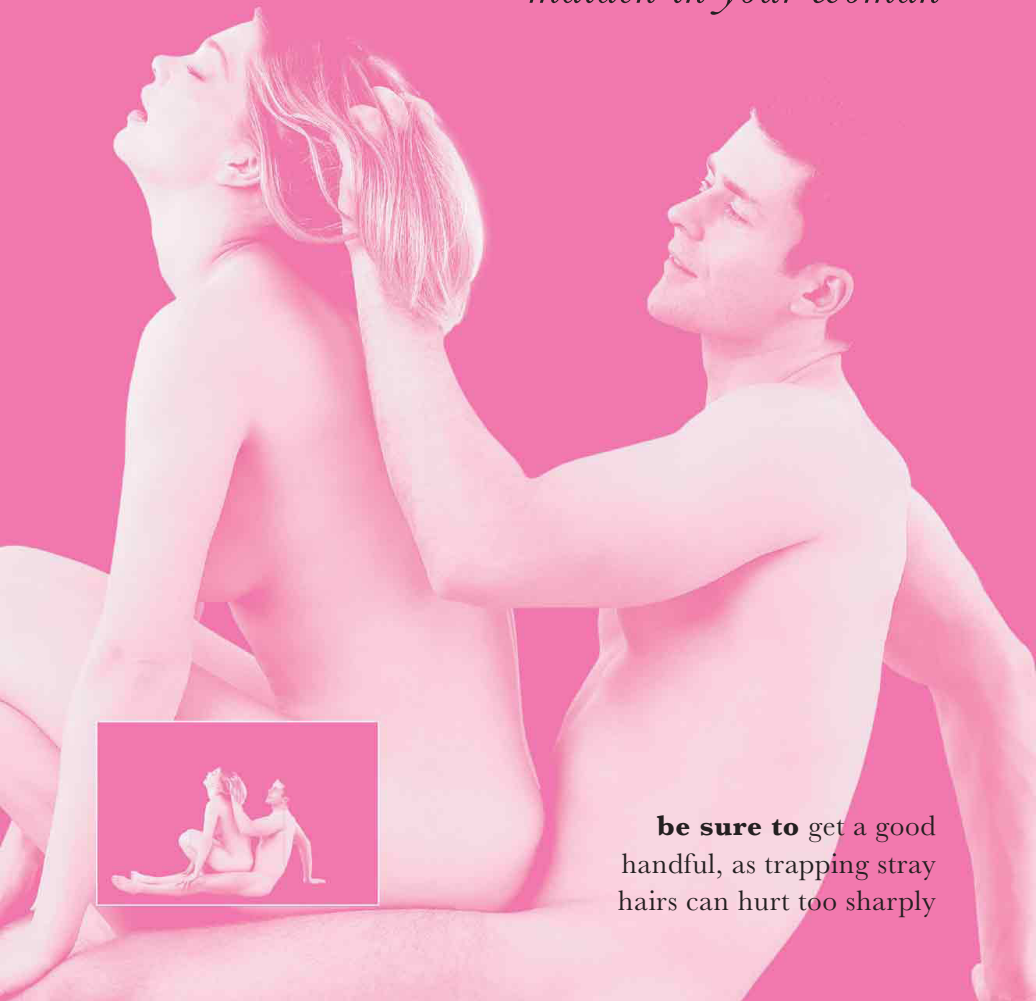
her nipples can be a fast path to passion, so pay them their due in full

Hold fast and become pure sensation

men love to gaze, but try closing your eyes and meditating only on what you feel

DAY *182* TUGGING THE SILK

A playful pull can awaken the helpless maiden in your woman



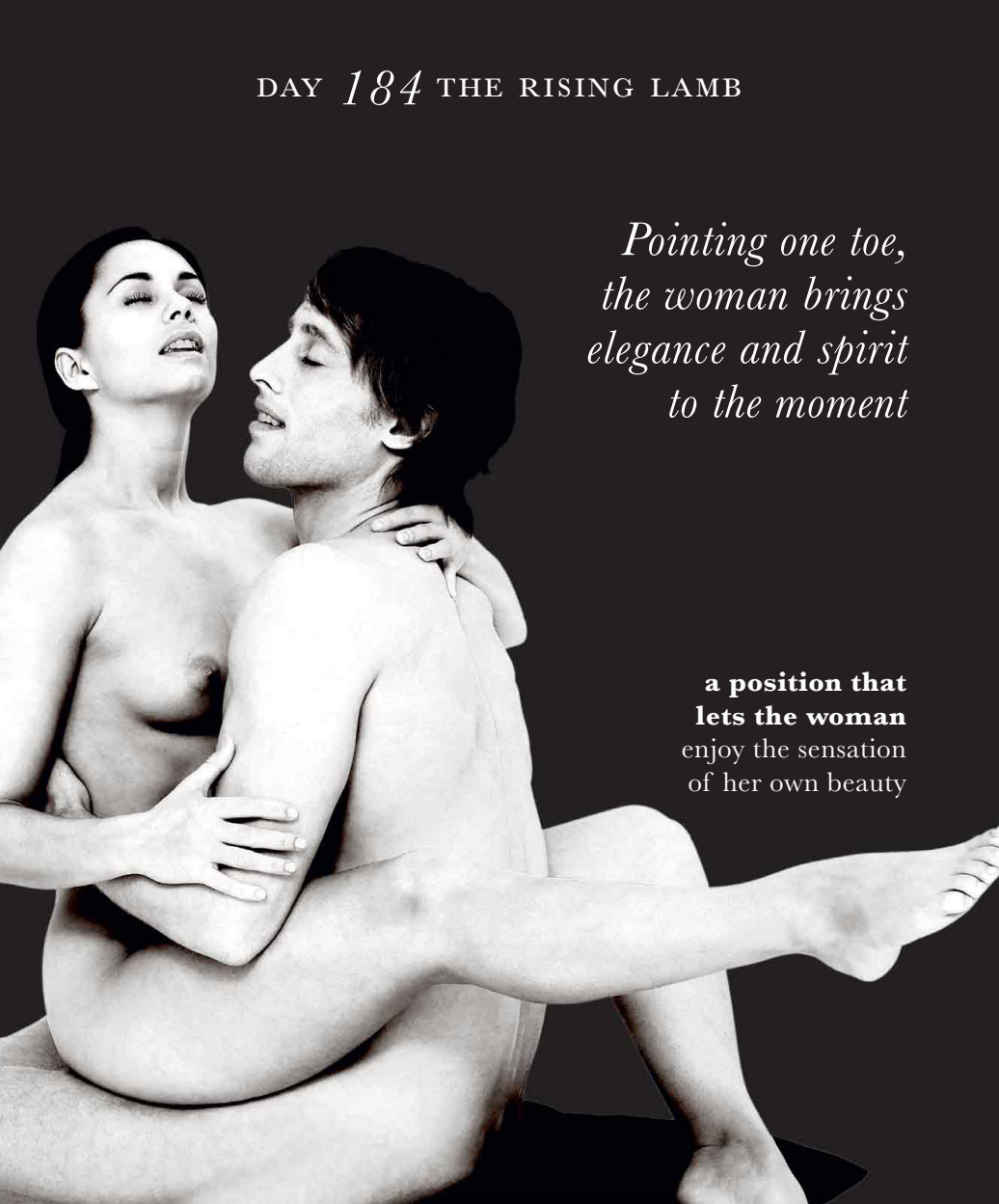
be sure to get a good handful, as trapping stray hairs can hurt too sharply

DAY *183* SKY FOOT

Become a firmament unto yourselves as you grow lost in passion

recommended by the Ananga Ranga and the Panchasayaka, this is one for deep thrusting

DAY *184* THE RISING LAMB



Pointing one toe, the woman brings elegance and spirit to the moment

a position that lets the woman enjoy the sensation of her own beauty

DAY *185* BRUSHING THE STALLION

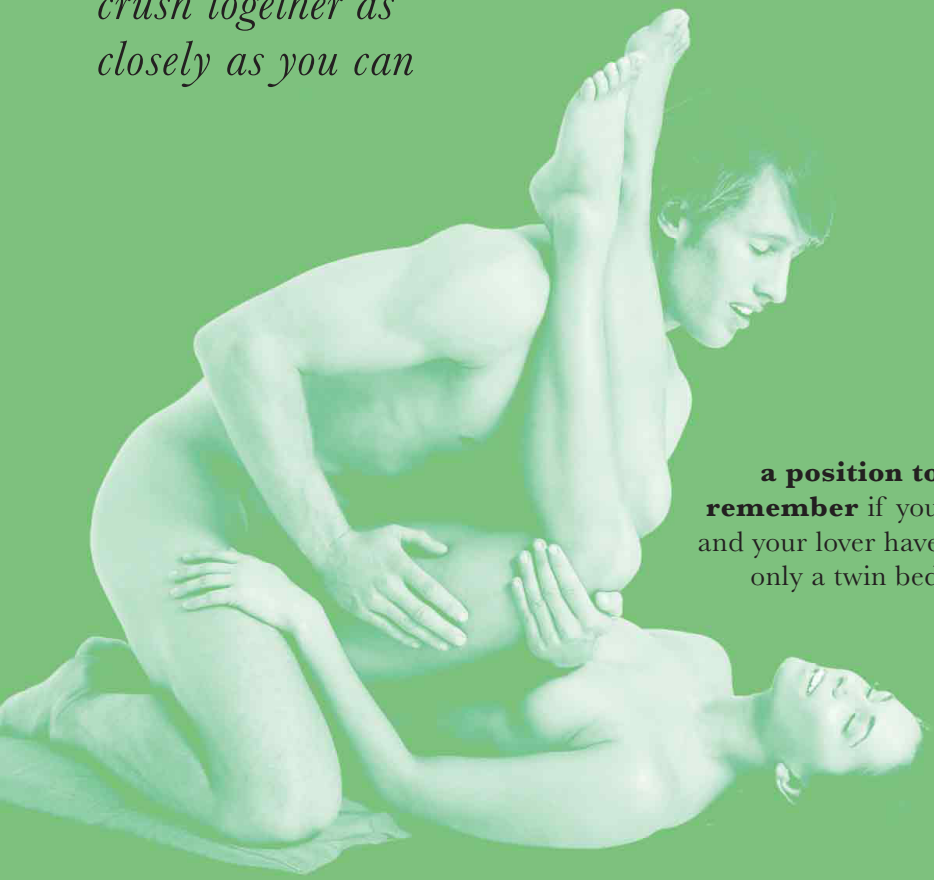
Be a good groom and tend your mount

a woman who maintains her lover's hardworking muscles will reap a handsome benefit

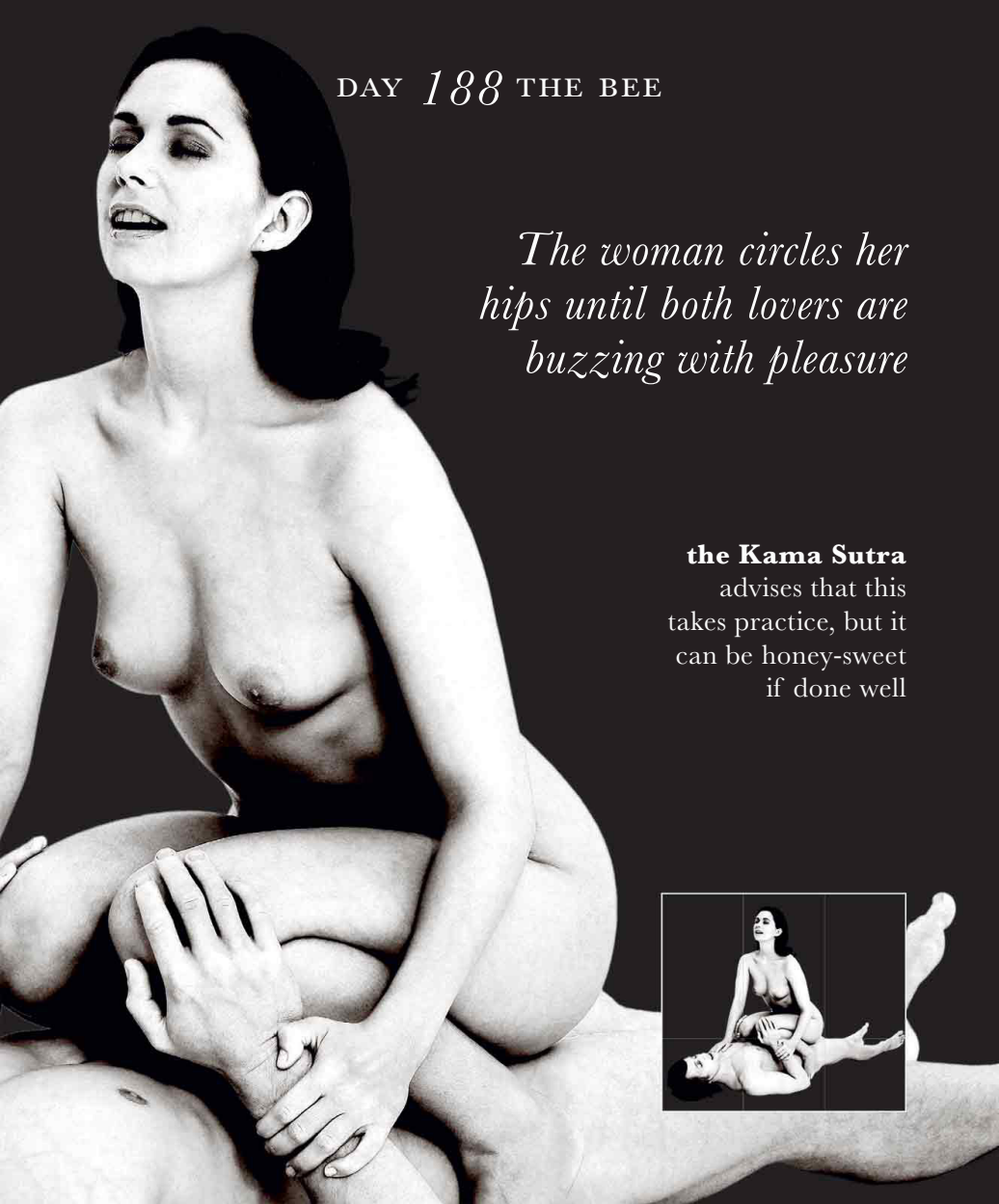
Pride yourself on your beautiful bust

folding back the arms
like this displays her breasts
to wonderful advantage

Bend your limbs and crush together as closely as you can



a position to remember if you and your lover have only a twin bed

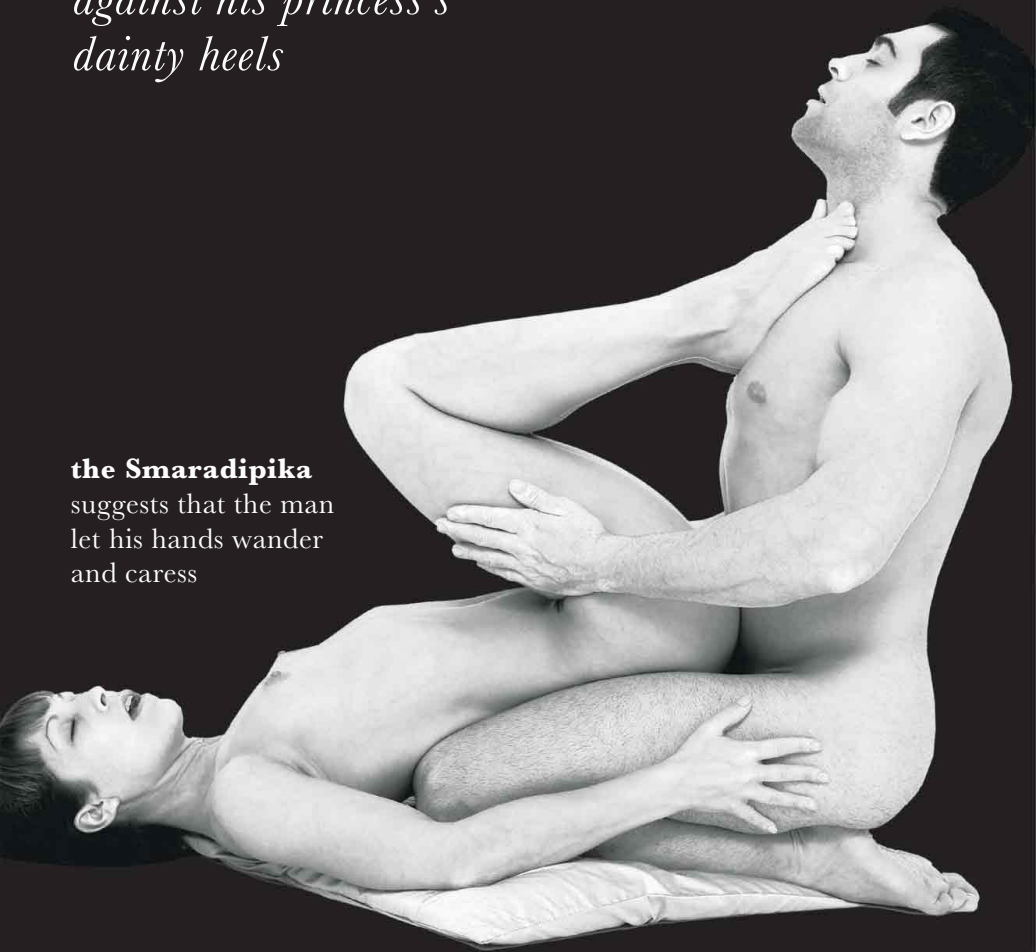


DAY *188* THE BEE

The woman circles her hips until both lovers are buzzing with pleasure

the Kama Sutra advises that this takes practice, but it can be honey-sweet if done well

The man's heart beats against his princess's dainty heels



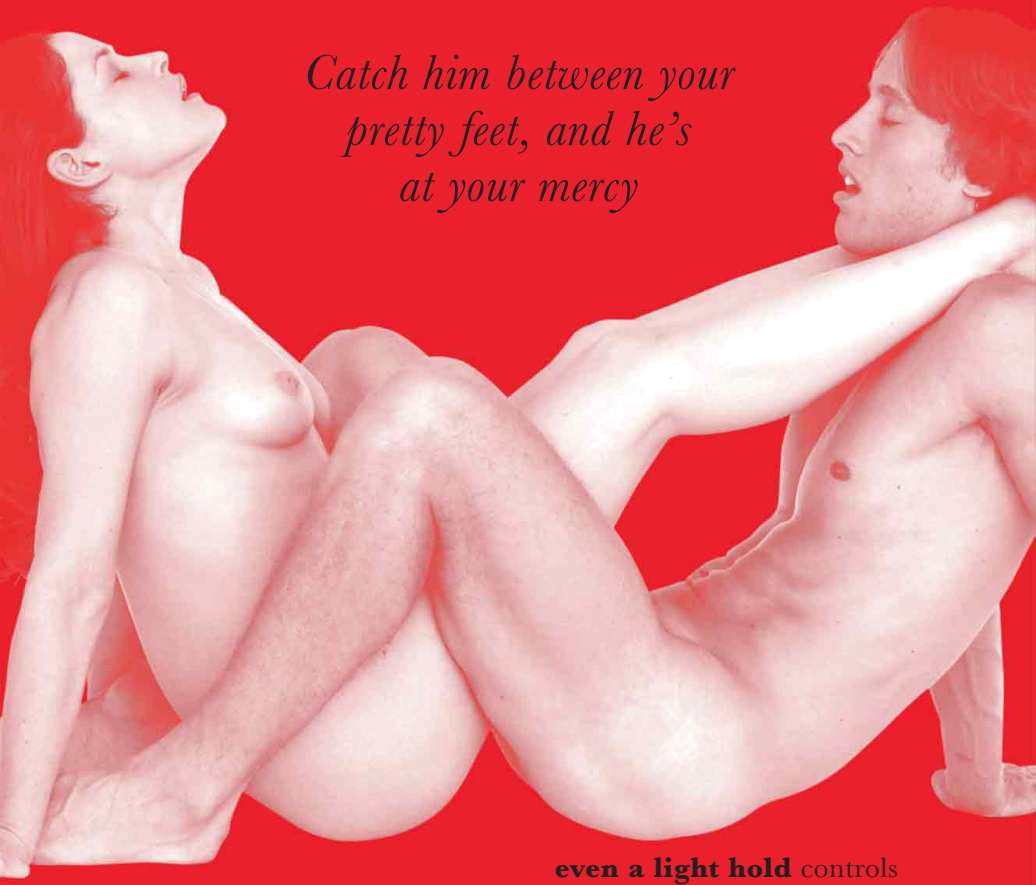
the Smaradipika suggests that the man let his hands wander and caress

DAY *190* THE MANACLES

Pin your lover in a hold he won't wish to fight

for extra enjoyment, grind yourself on his helpless body

DAY *191* THE WOMAN'S SNARE

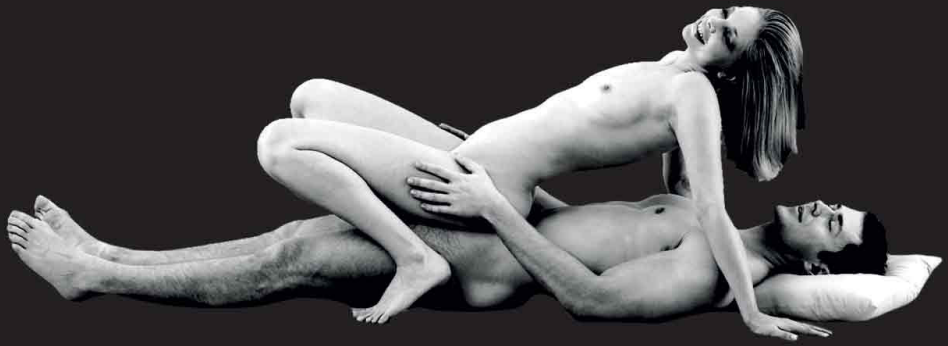


Catch him between your pretty feet, and he's at your mercy

even a light hold controls the man; if he's a lover of feet, this is pure heaven

DAY *192* THE SHARP TILT

Find your most daring angle



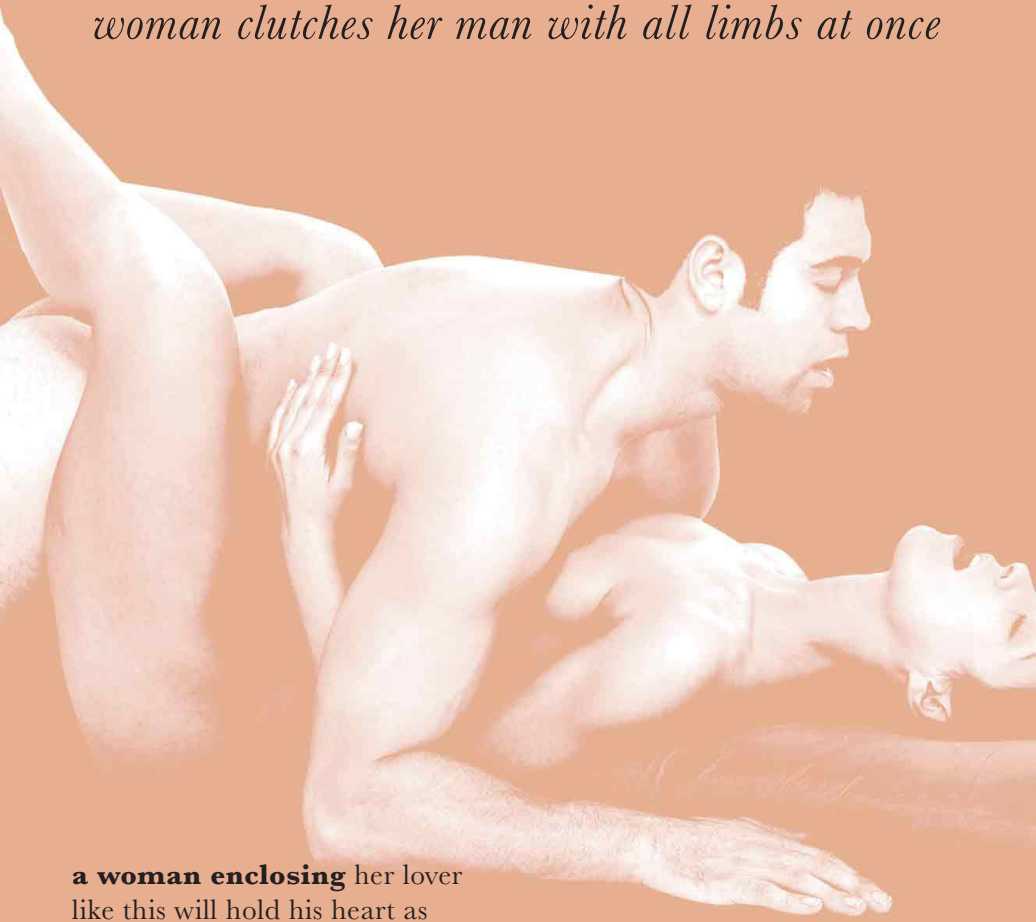
every couple has their own fit: try leaning back and forth to test it

Tantalize her with the heat of your mouth

before the kissing and licking begin, warm her yoni until she's frantic with impatience

DAY *194* THE CRAB

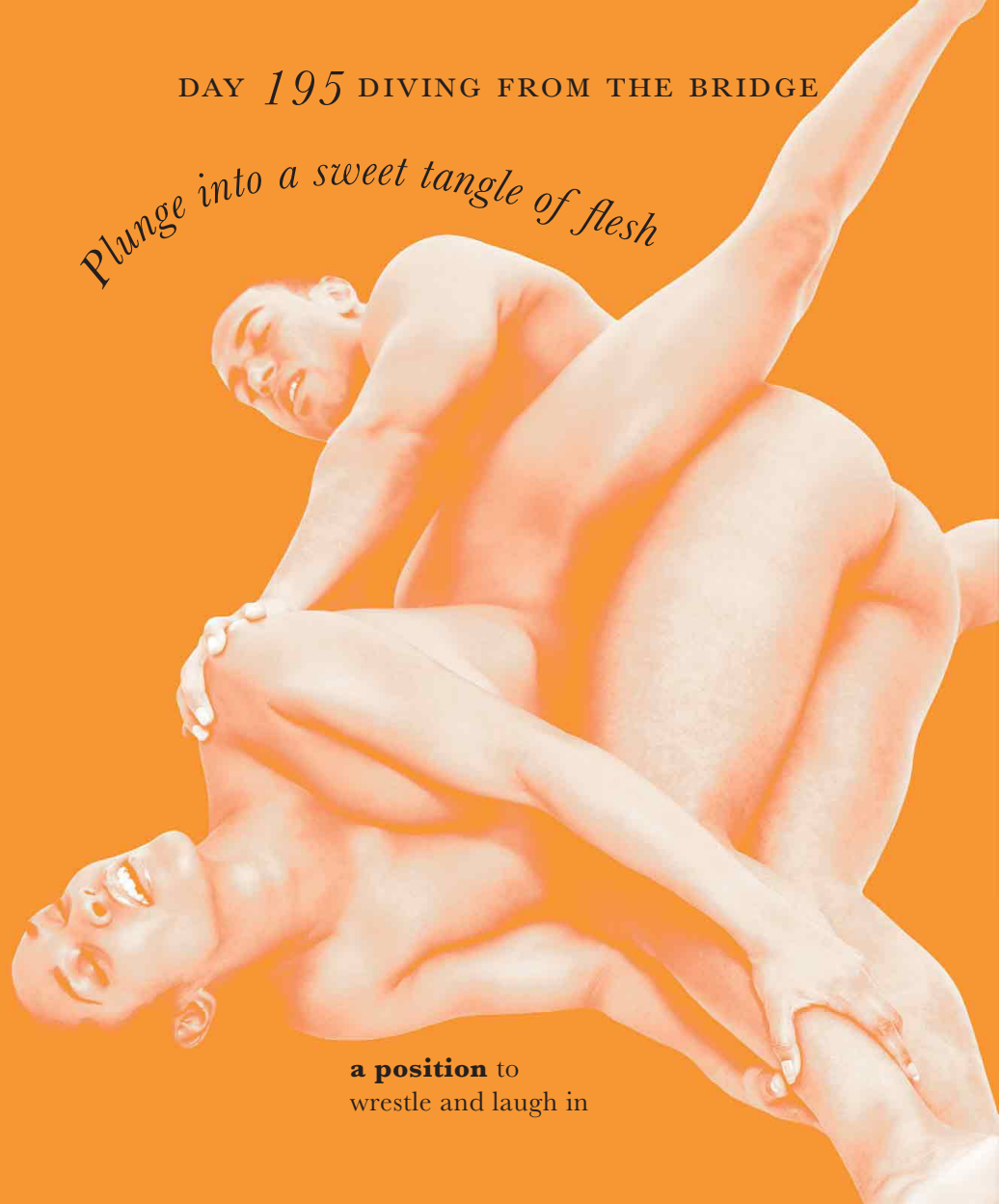
A sweet and sudden embrace in which the woman clutches her man with all limbs at once



a woman enclosing her lover like this will hold his heart as well as his body

DAY *195* DIVING FROM THE BRIDGE

Plunge into a sweet tangle of flesh



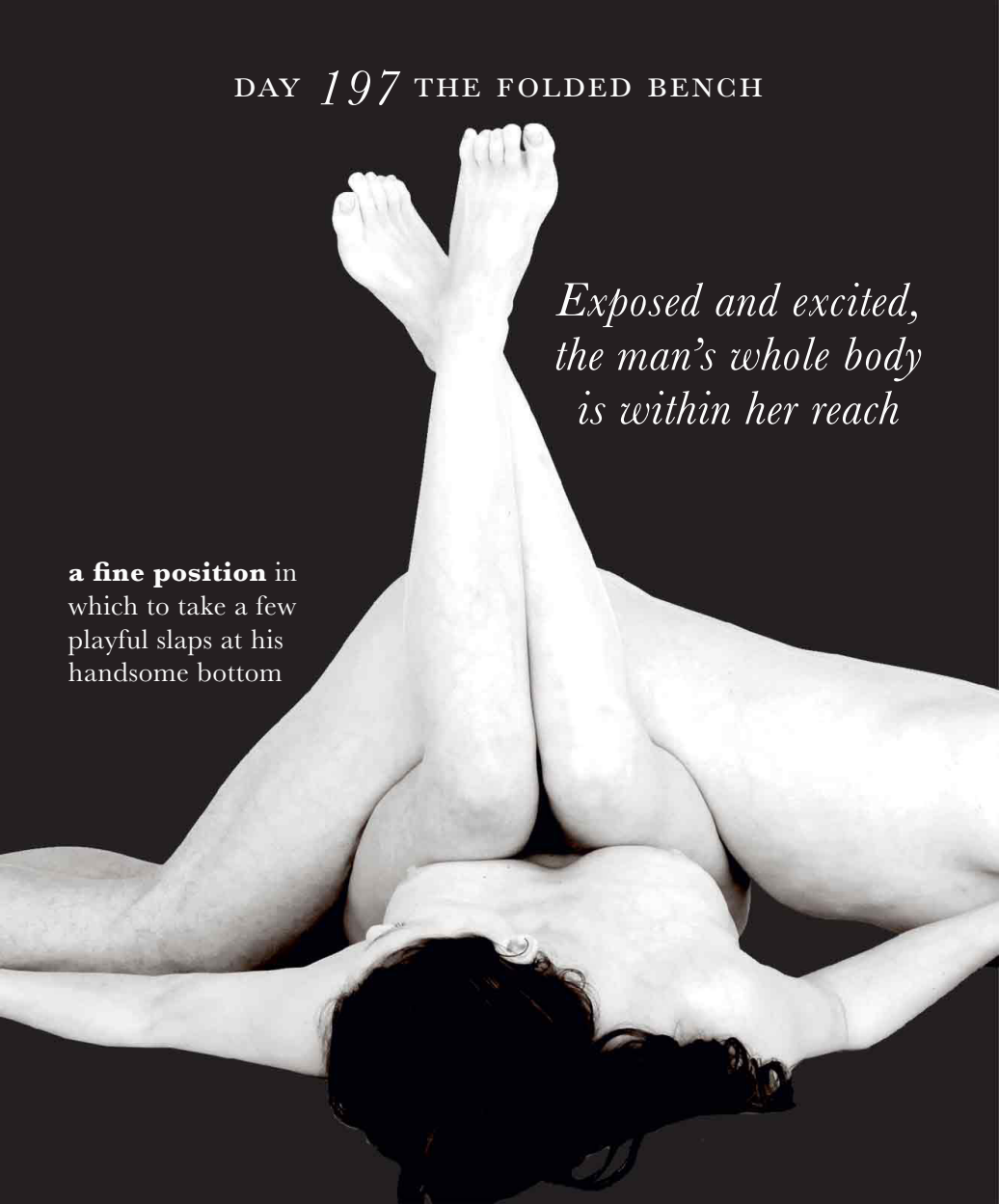
a position to
wrestle and laugh in

DAY *196* THE ARCHER

Stretch your woman like a bow and pluck her to climax

the man can contemplate an elegant dance melting into squirming arousal

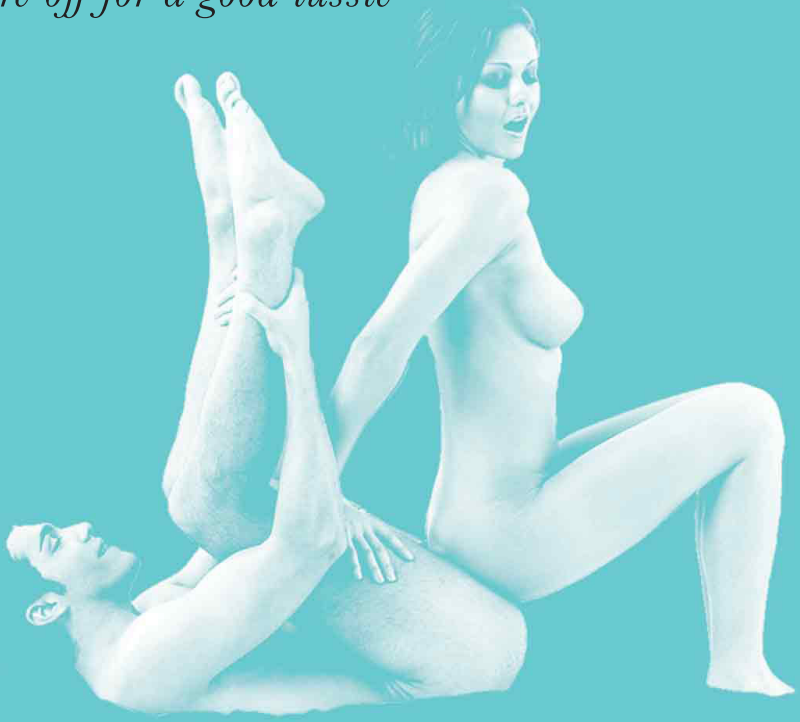
DAY *197* THE FOLDED BENCH



Exposed and excited, the man's whole body is within her reach

a fine position in which to take a few playful slaps at his handsome bottom

Square off for a good tussle



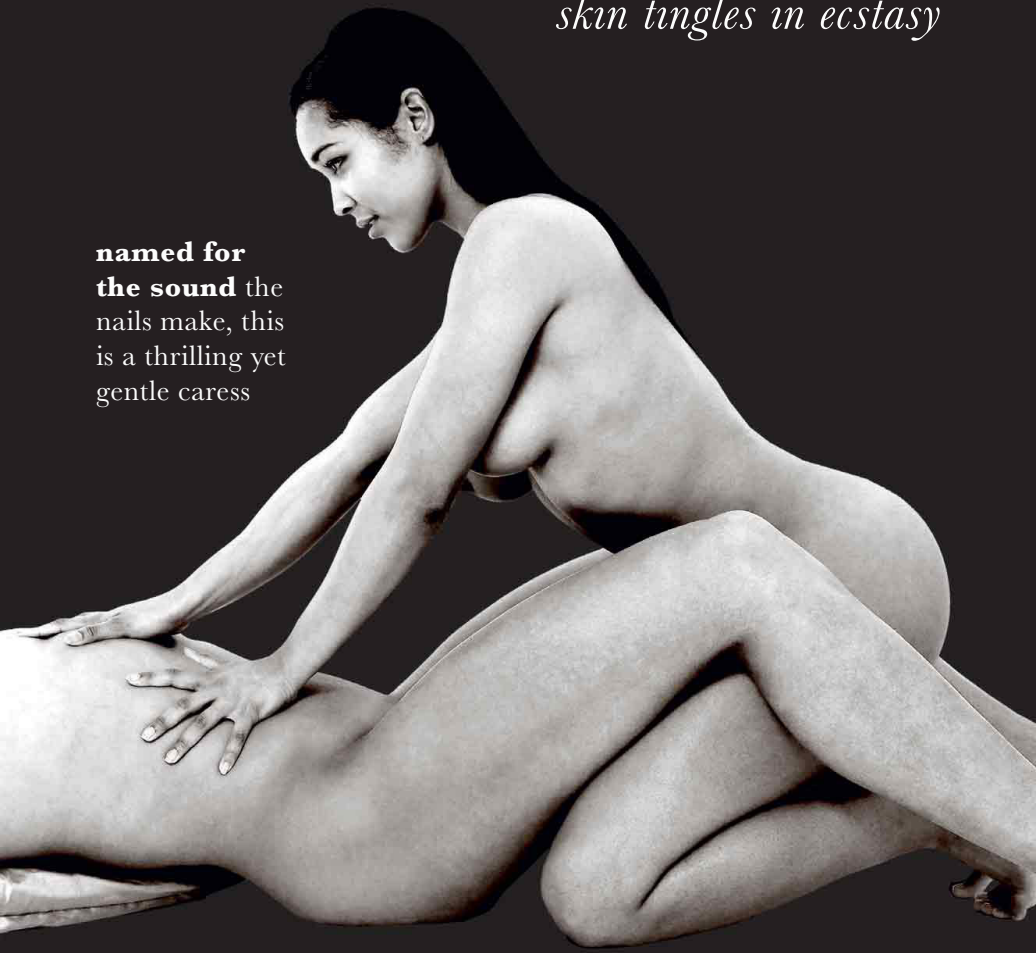
each lover tries to tip the other while keeping their sensitive parts erotically aligned

DAY *199* THE CRANE

The woman trails a leg back to open herself to her beloved

parting her legs in this way allows her lover entry while remaining pleasantly tight

Scrape your nails lightly across your lover until his skin tingles in ecstasy



named for the sound the nails make, this is a thrilling yet gentle caress

DAY *201* THE DOUBLE COMPASS

Measure your pleasure by squirming degrees

perhaps best not to try penetration in this pose, but excellent for rubbing together

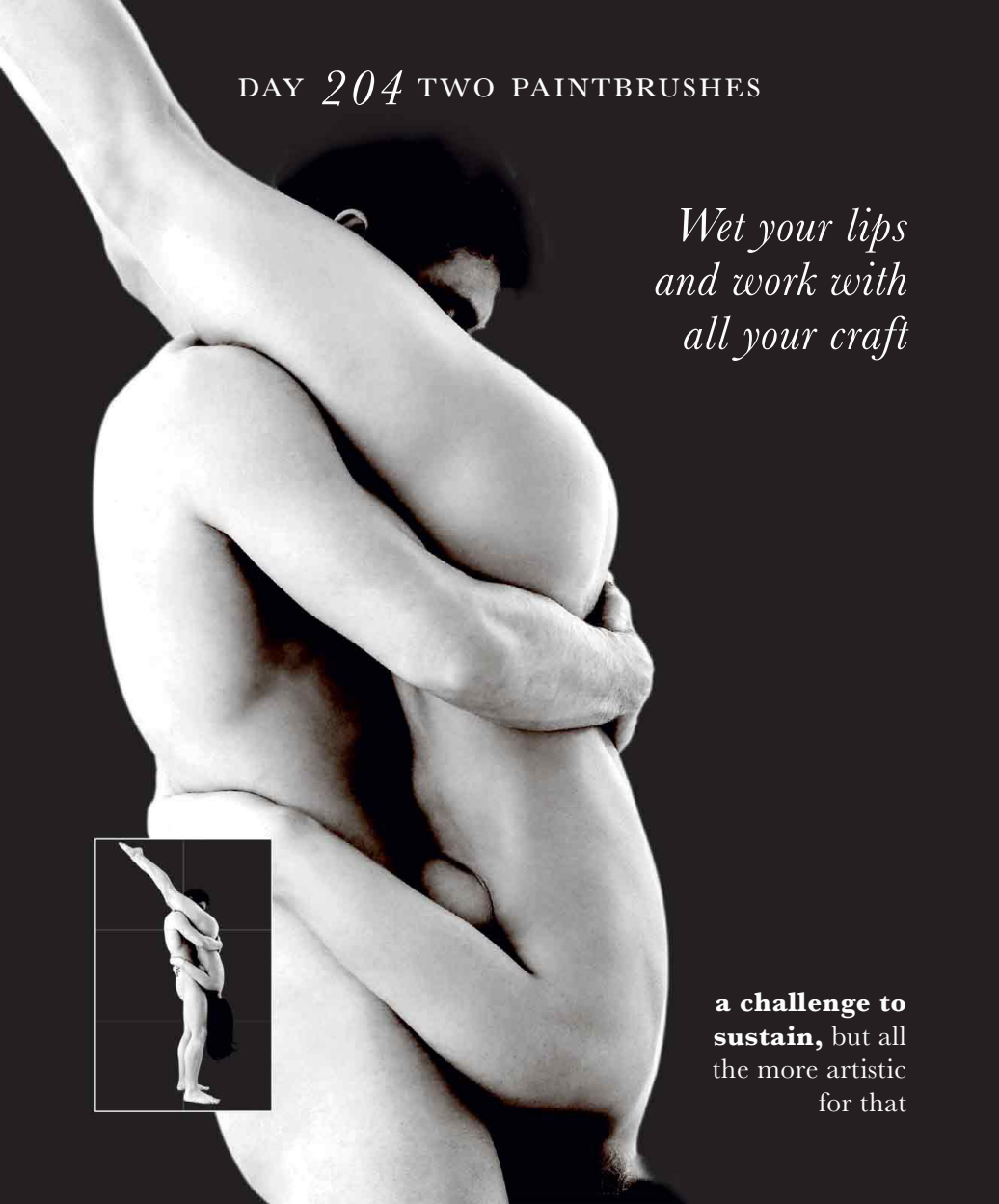
DAY *202* THE STRADDLE

Make love in sweet, easy harmony

an eternally popular
position in every culture

As the man thrusts from a crouch, he drives both lovers into flight

the woman lies on a stool, or a bed if she prefers a more restful posture

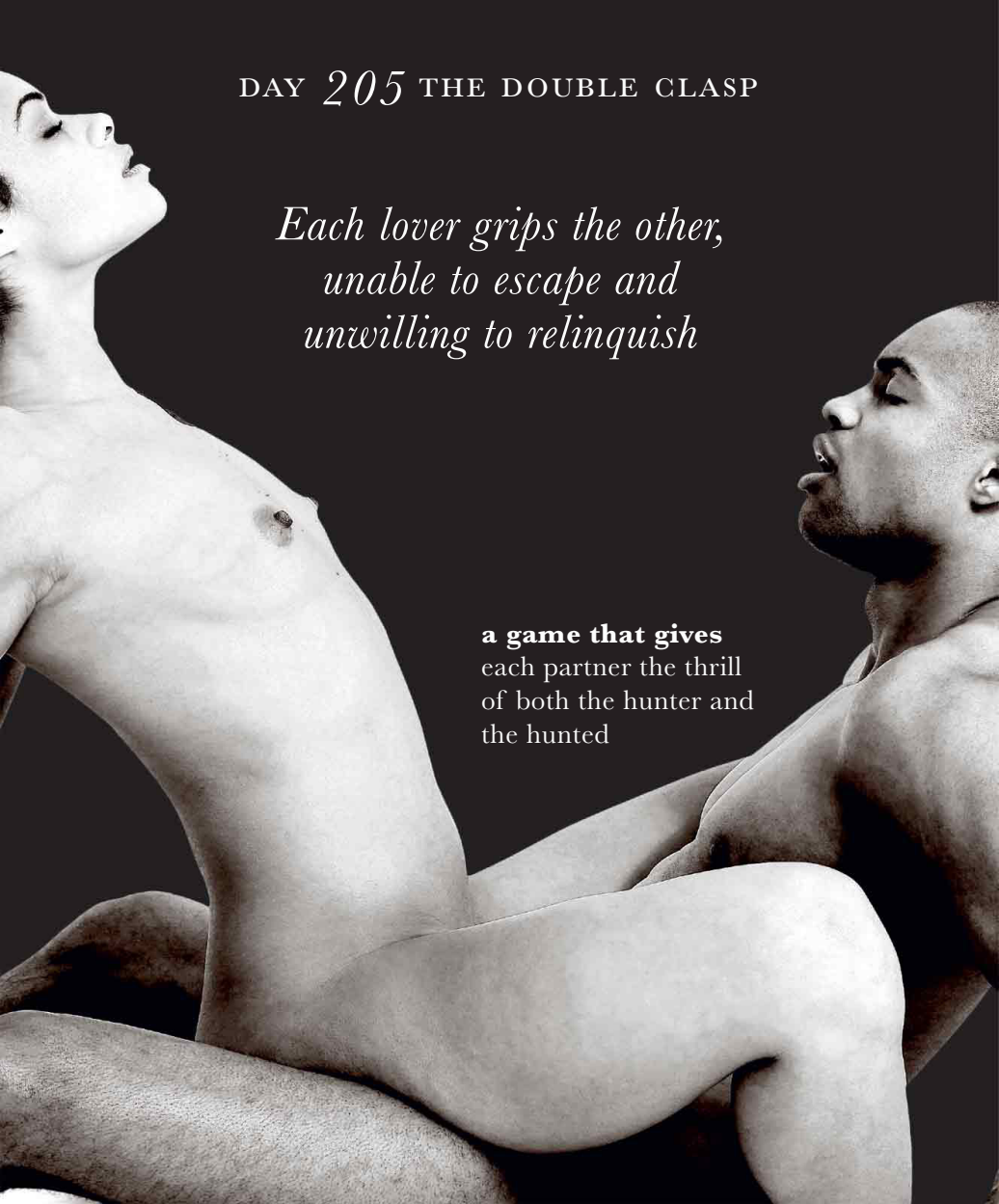


Wet your lips and work with all your craft

a challenge to sustain, but all the more artistic for that

DAY *205* THE DOUBLE CLASP

Each lover grips the other, unable to escape and unwilling to relinquish



a game that gives each partner the thrill of both the hunter and the hunted

DAY *206* STANCE OF THE COURTESAN

Climb down to your couch in limber playfulness

there's more to lovemaking than just congress, so play on each other's desires from the outset

DAY *207* THE FOOT'S CARESS

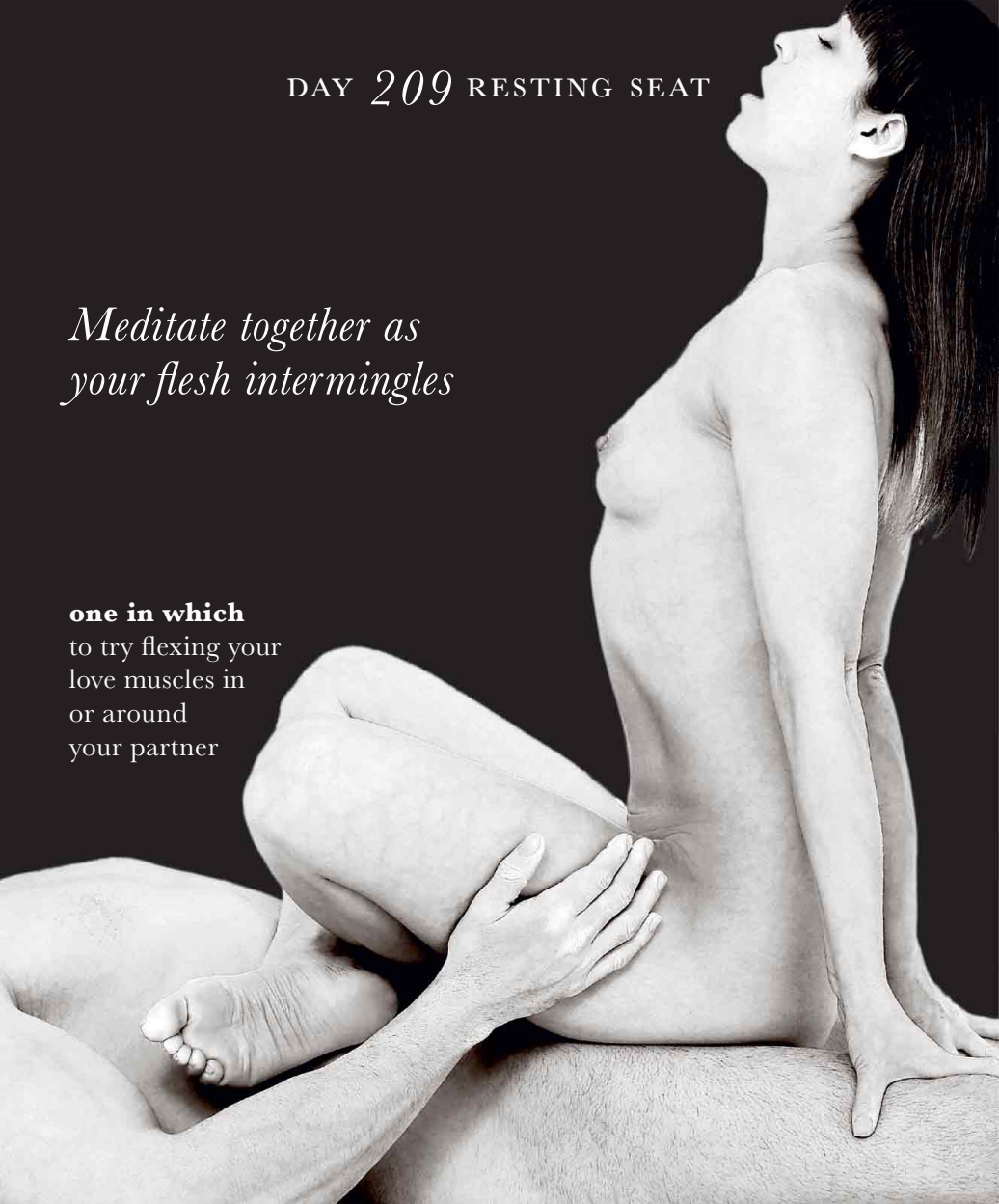
Trace your toes over his sensitive skin

the skin of the instep is particularly satiny: let him feel just how sleek you are

DAY *208* THE JOLTING CART

Bump and bounce your way to satisfaction

nicely comfortable for a rear-entry reverse, this is well worth a try



DAY *209* RESTING SEAT

Meditate together as your flesh intermingles

one in which
to try flexing your love muscles in or around your partner

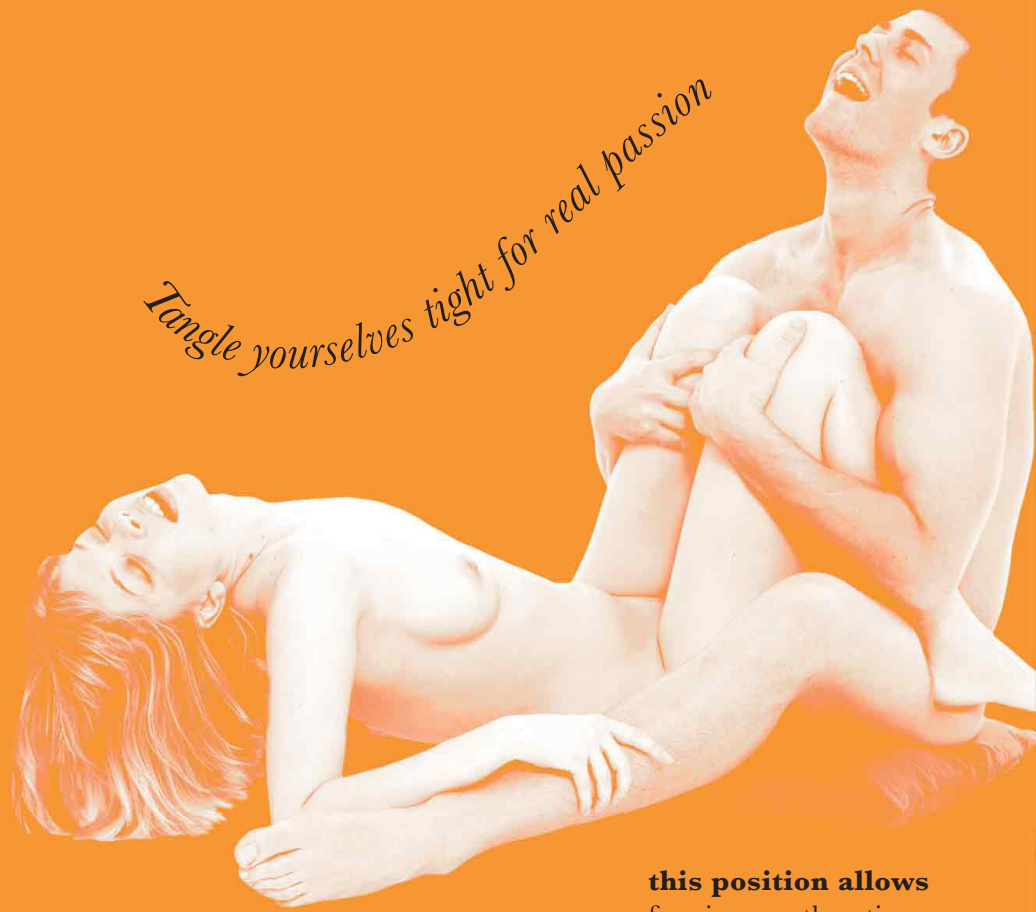
DAY *210* THE SPIT ROAST

He plays the roast, she the spit, as they heat up together

the Kama Sutra suggests the woman alternate legs, placing one heel by his head, then the other

DAY *211* THE BLENDED KNOT

Tangle yourselves tight for real passion



this position allows
for vigorous thrusting
while still feeling
friendly and tender

Rut together through the wild autumn nights

the man thrusts and the woman swings to and fro on her hands

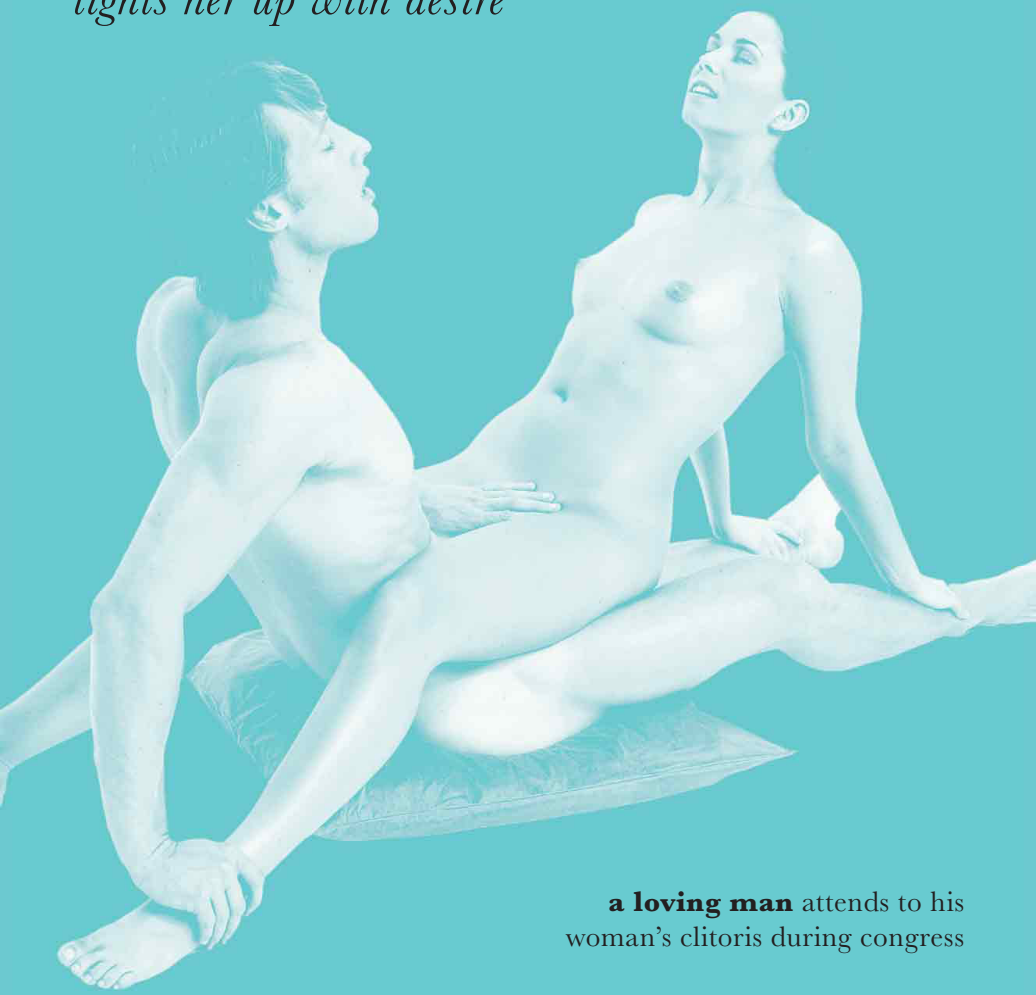
DAY *213* PARIMRSHTAKA (STRIKING AT THE TIP)

Flick firm against his sensitive flesh

a lively variation on regular sucking in which her tongue delivers hard licks against his glans

DAY *214* POLISHING THE JEWEL

As you rock together, the motion of his thumb lights her up with desire



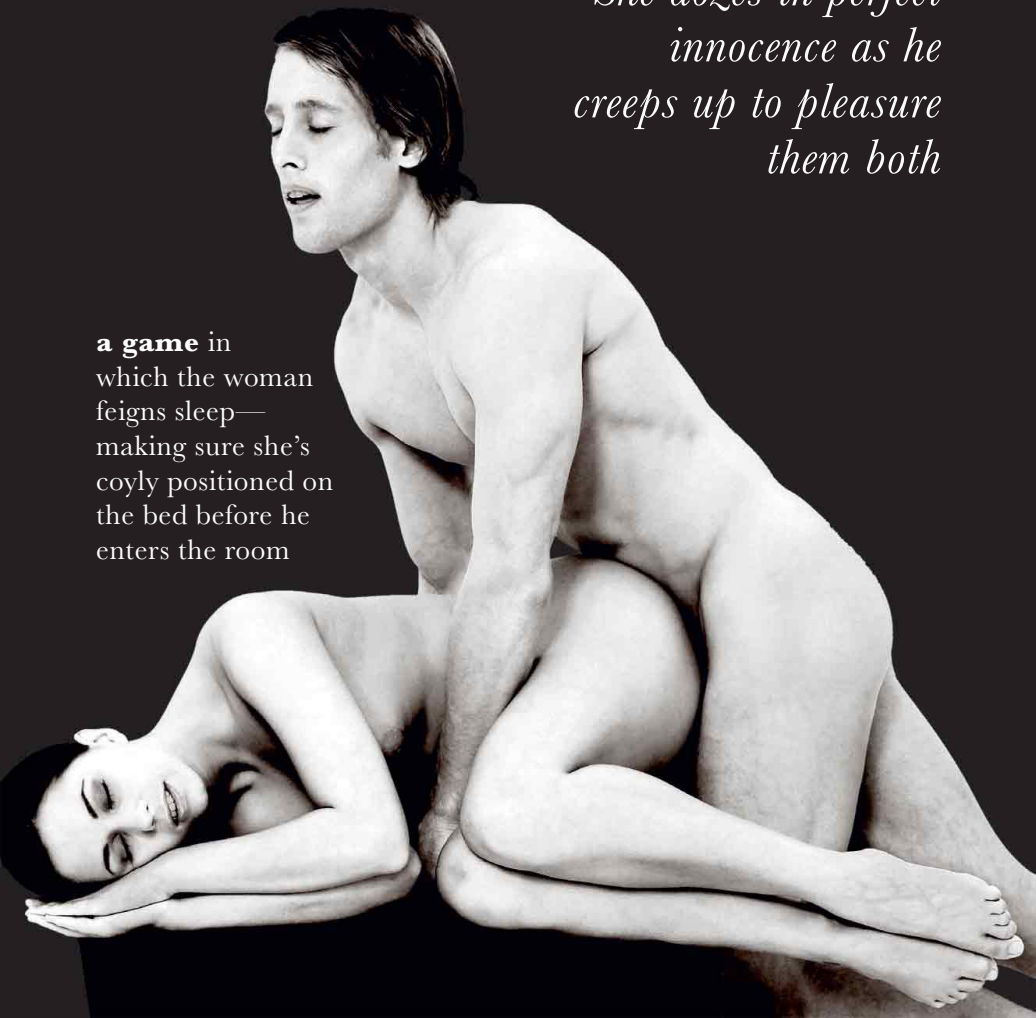
a loving man attends to his woman's clitoris during congress

DAY *215* SEARCHING THE RIVER

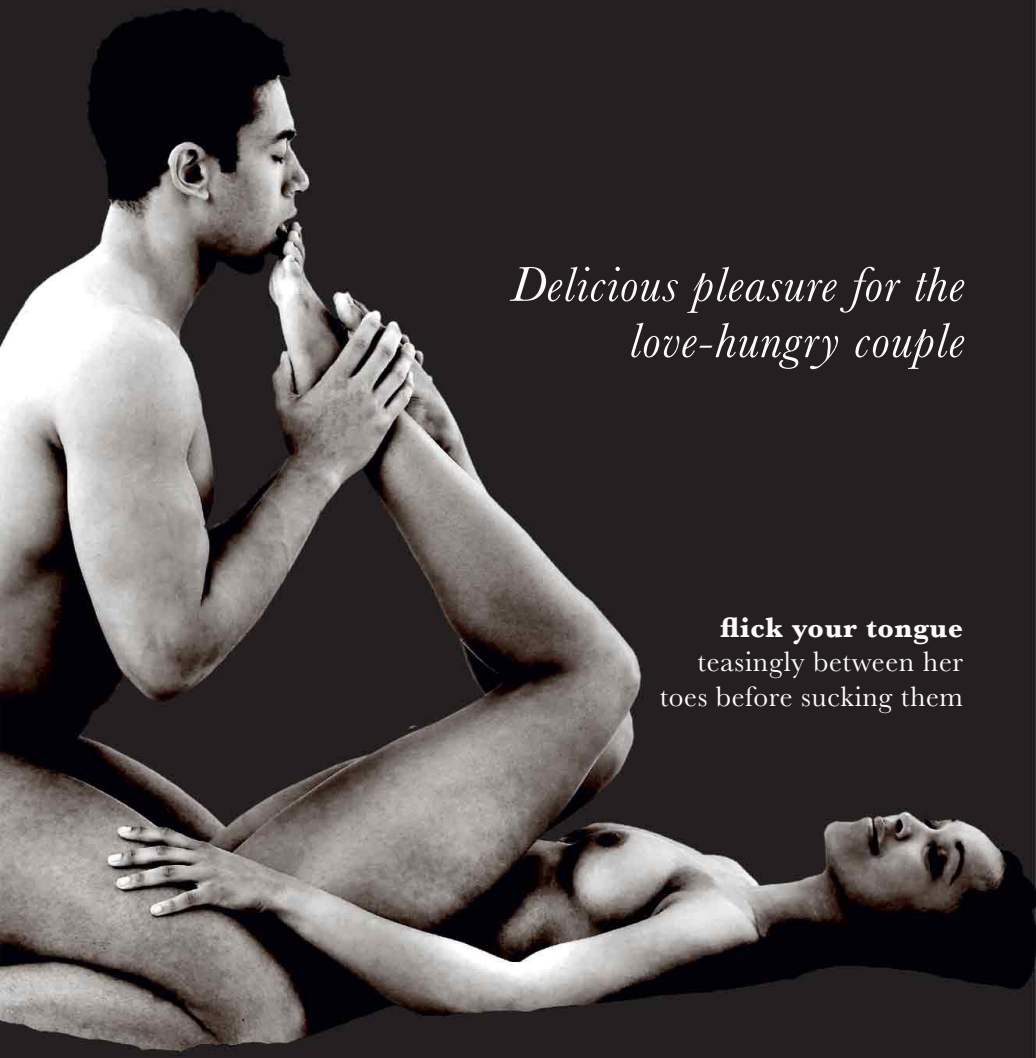
Find his flow by touch as you press your body blindly against him

an unusual position that allows the man caresses from both sides at once

She dozes in perfect innocence as he creeps up to pleasure them both



a game in which the woman feigns sleep—making sure she's coyly positioned on the bed before he enters the room



Delicious pleasure for the love-hungry couple

flick your tongue teasingly between her toes before sucking them

DAY *218* THE THUNDERBOLT

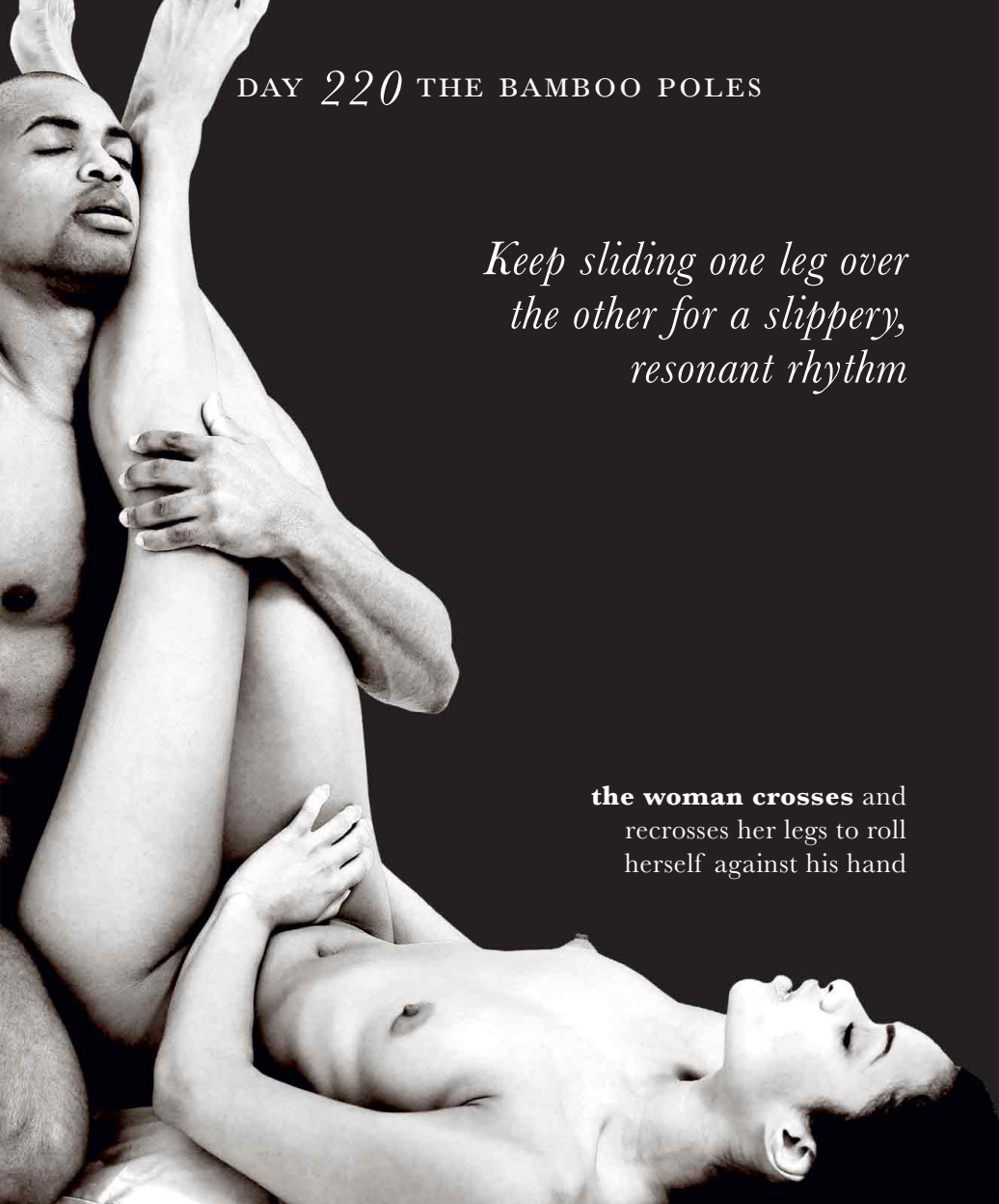
Strike deep and electrifying

there's nothing like hard, rapid thrusts to make a woman cry out

DAY *219* THE LANDED ARROW

As gravity draws his blood down, she works to draw it up

a challenging and submissive posture for the man, calling for strength from both lovers



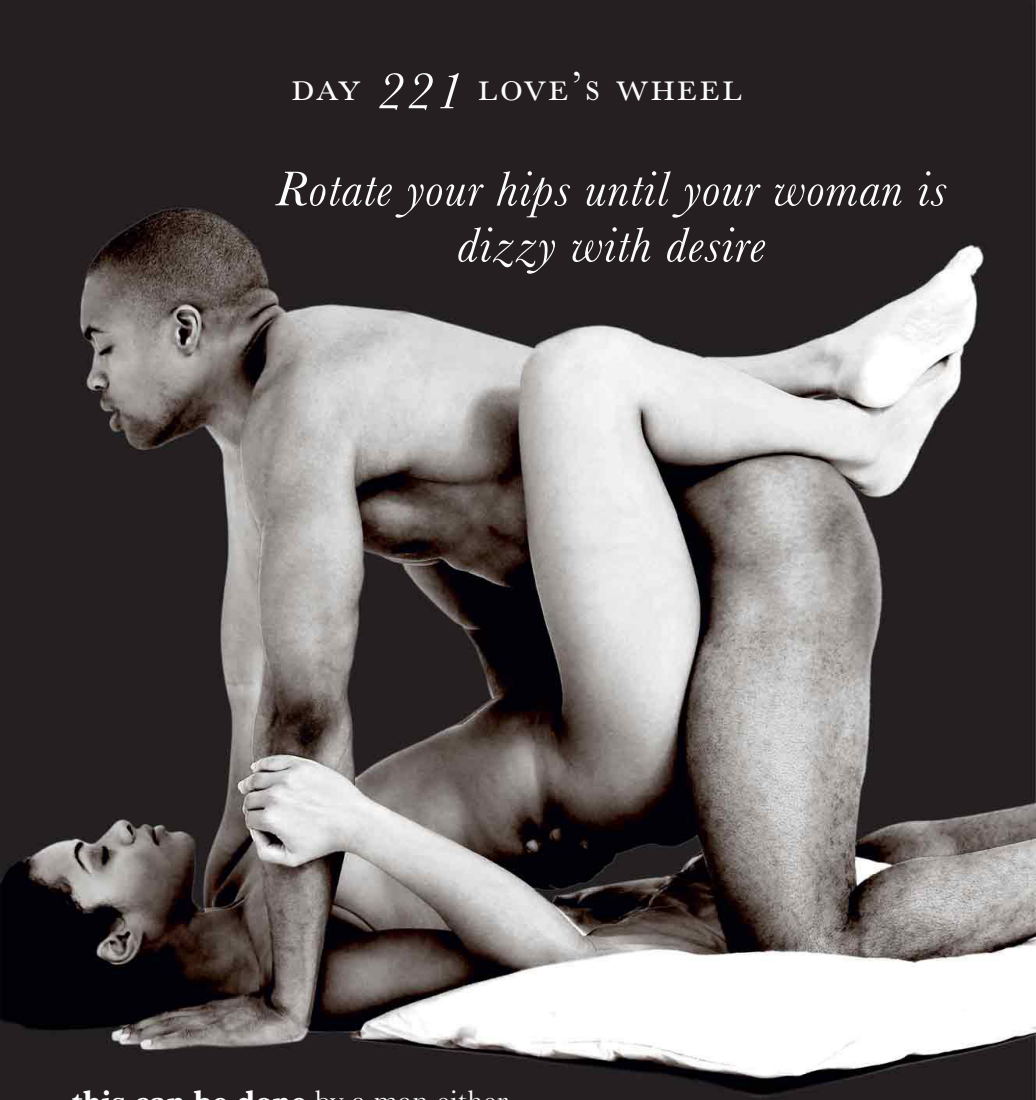
DAY *220* THE BAMBOO POLES

Keep sliding one leg over the other for a slippery, resonant rhythm

the woman crosses and recrosses her legs to roll herself against his hand

DAY *221* LOVE'S WHEEL

Rotate your hips until your woman is dizzy with desire

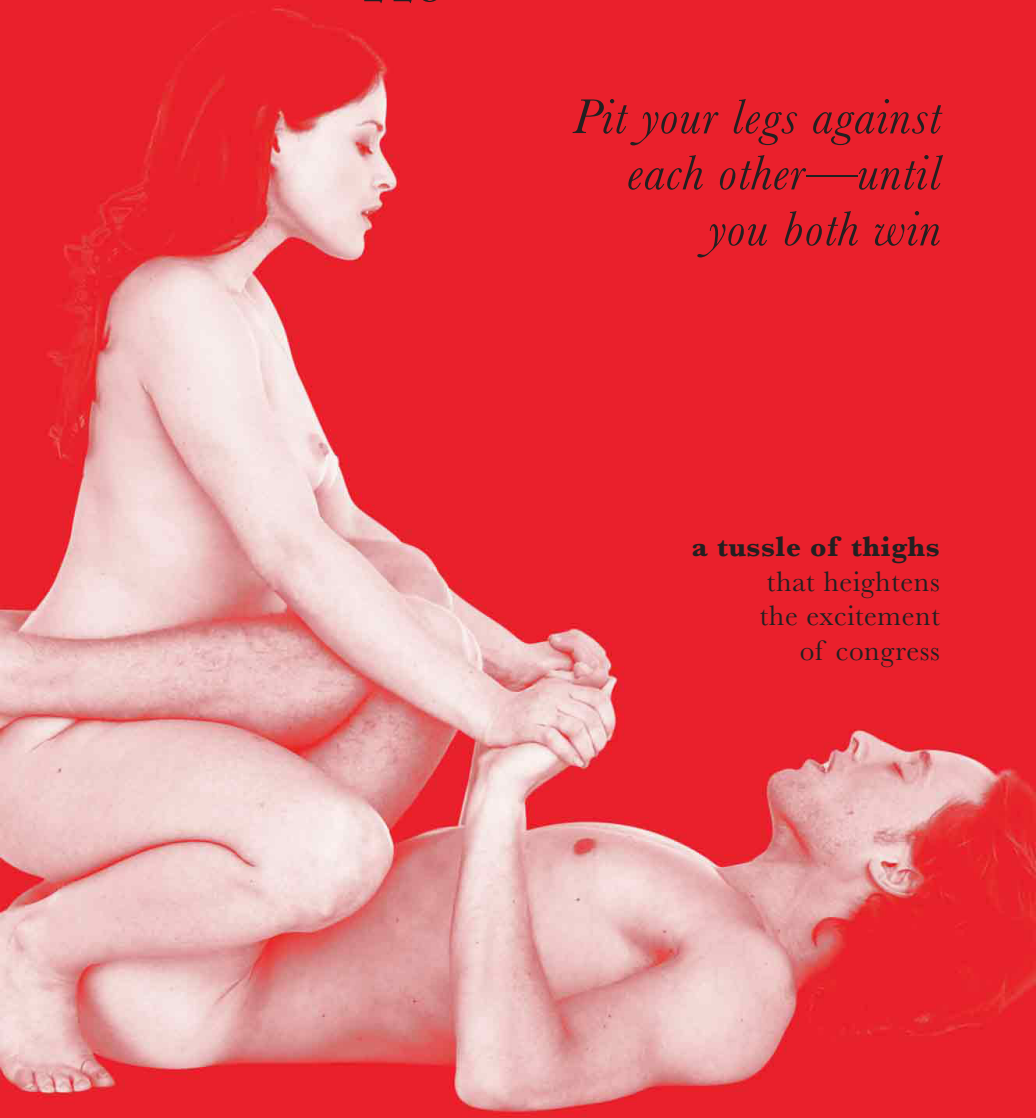


this can be done by a man either sitting or kneeling—a favorite with passionate women

DAY *222* THE SEESAW

Enjoy the playful give-and-take of new love

a chance to refresh your intimacy, no matter how long you've been together



Pit your legs against each other—until you both win

a tussle of thighs that heightens the excitement of congress

DAY *224* WILLOW LEAVES

Twined around each other, the lovers feel a flutter of excitement

a position in which to rub together rather than attempt penetration, but none the worse for that

DAY 225 THE SLANTED KISS

A tilted angle for long, slow exploration

sometimes it's good to get back to basics and enjoy true simplicity

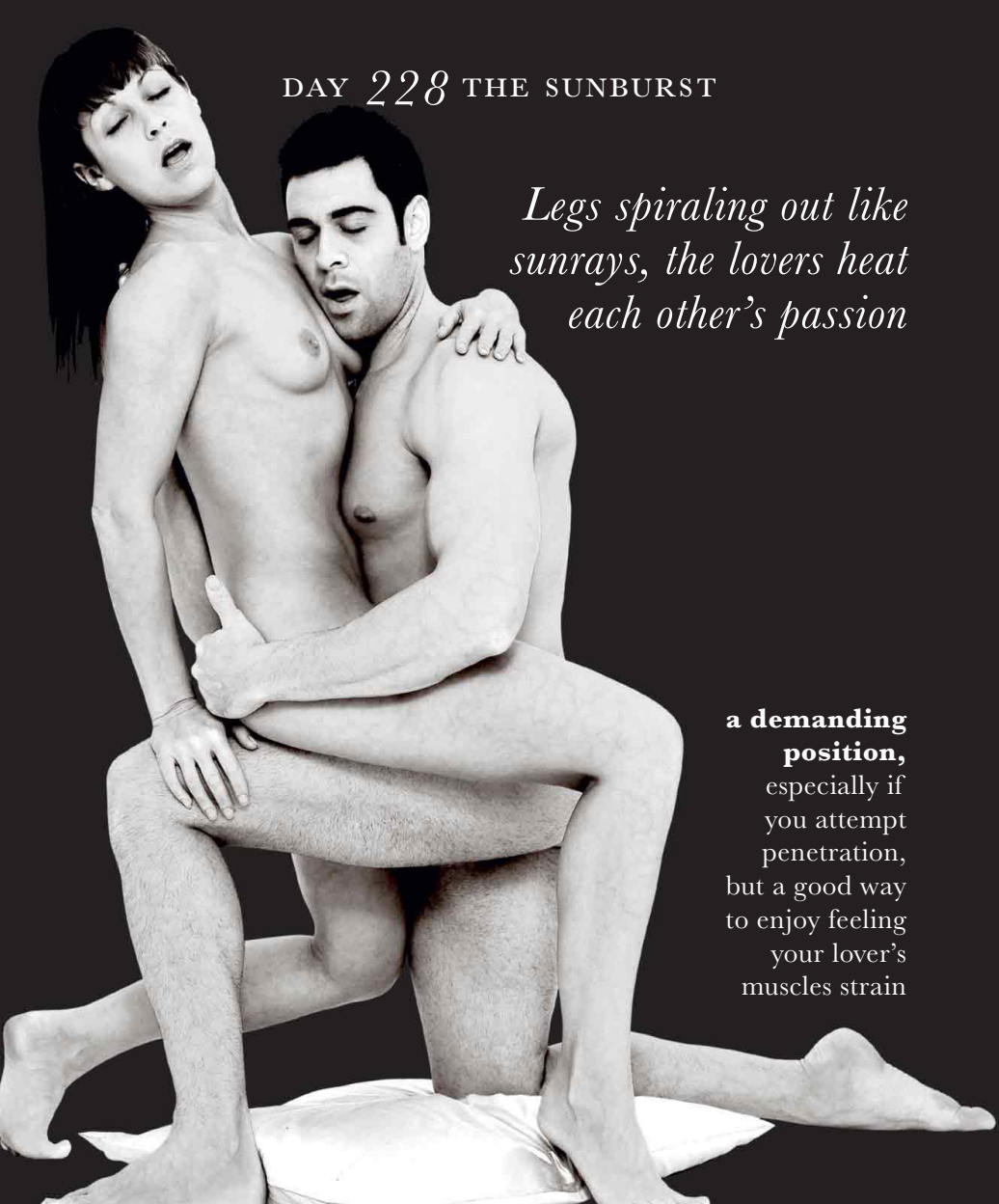
DAY *226* THE BIRD

Kiss your beloved as her arousal soars

an easy and delightful position that lets the woman pleasure herself and him at the same time

Begin the oral pleasure far from the central prize

working up the sensitive insides of his thighs can leave a man breathless and eager



DAY *228* THE SUNBURST

Legs spiraling out like sunrays, the lovers heat each other's passion

a demanding position, especially if you attempt penetration, but a good way to enjoy feeling your lover's muscles strain

Rise and dive into joy

a gentleman should get a strong hold on her legs for counterbalance here

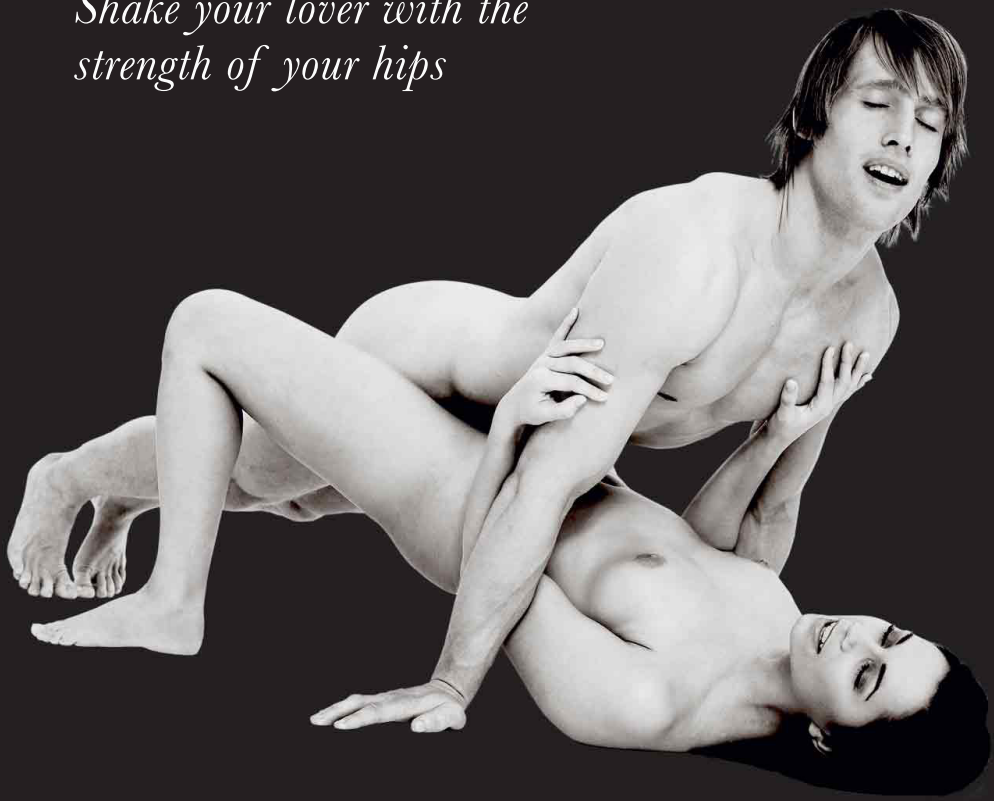
Scale peaks of pleasure against your lover's virile body

try this sliding against each other's oiled skin for a non-penetrative thrill

His shivering tongue deepens the tremors in her

the Kama Sutra suggests he pinch her lips together before lavishing them with delicate kisses

Shake your lover with the strength of your hips



a woman rising hard against her lover challenges and matches him thrust for thrust

DAY *233* CROSSED BRANCHES

Tranquil as a forest floor, relax and enjoy the unusual angle

a peaceful and affectionate pose for lovers who can share comfortable silence

DAY *234* THE MELTING EMBRACE

Rest together and let your sensations merge

a warm, cozy full-body caress
for tender moments

DAY *235* THE JUGGLER

Bring out your inner circus star

to achieve this, she begins with a handstand and then leans back as he holds her

DAY *236* THE SURPRISE

Waken your beloved by gently entering her body

a game only for lovers long acquainted—best to ask in advance if she likes the idea

DAY 237 NUDGING OPEN

A tantalizing approach from behind when she cannot go forward

a skilled man can coax his lover's legs apart with hand and member working together

Enter her archway with the tip of your tongue before licking deep

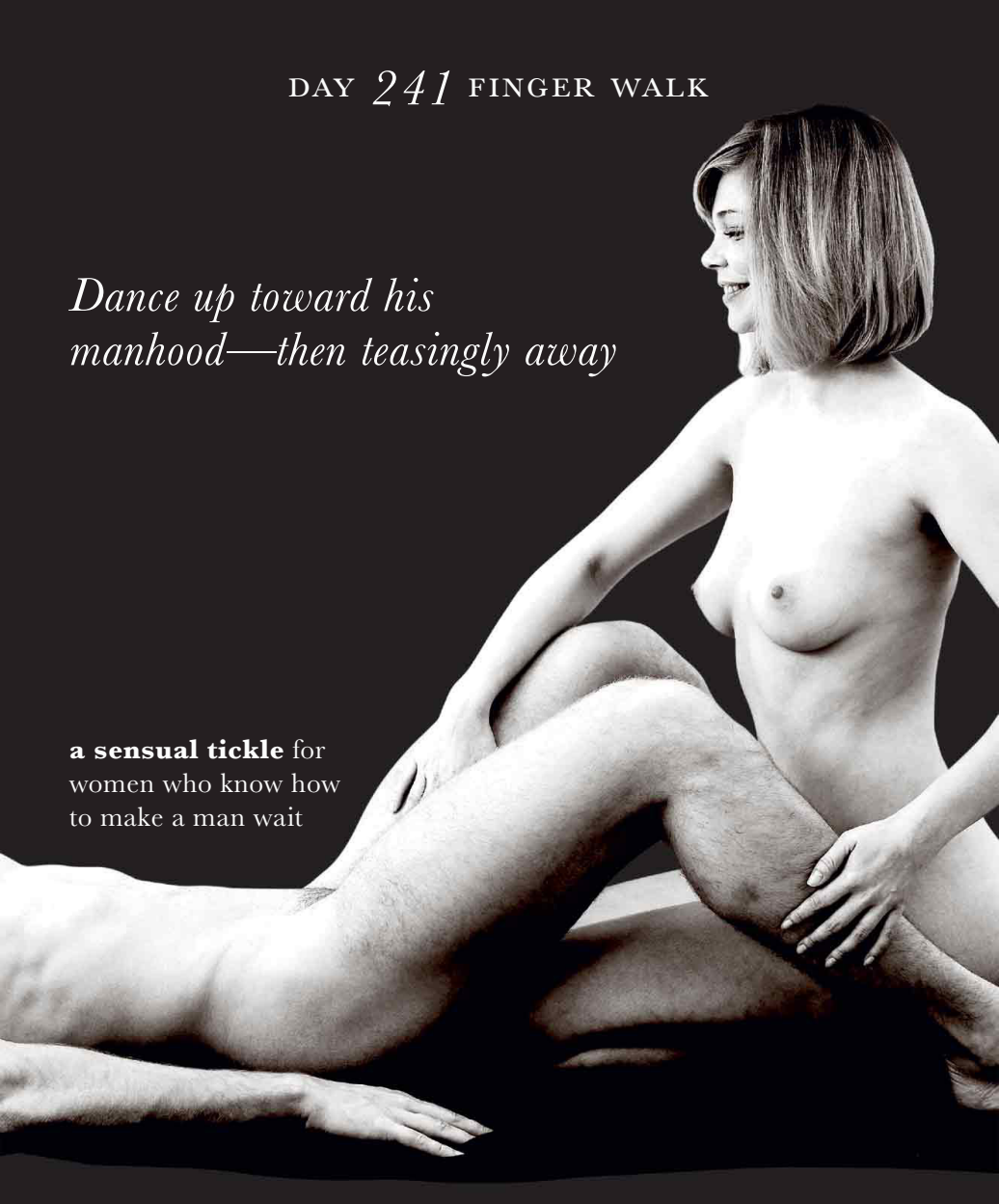
the Kama Sutra recommends the lover "worship vigorously" here

Flow into her undulating depths

a position in which the woman controls most of the movement, as the man's legs hold his hips still

Bask together, kissing and stroking at will

a meditative pose for lovers delaying full congress

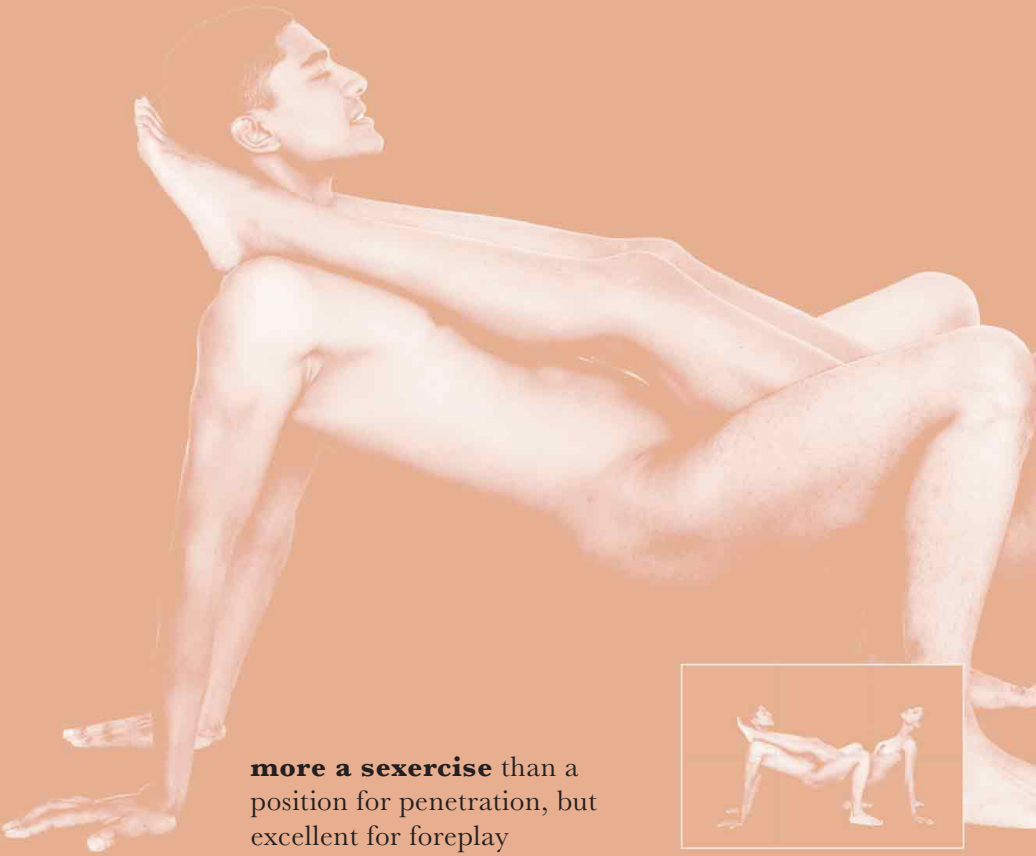


Dance up toward his manhood—then teasingly away

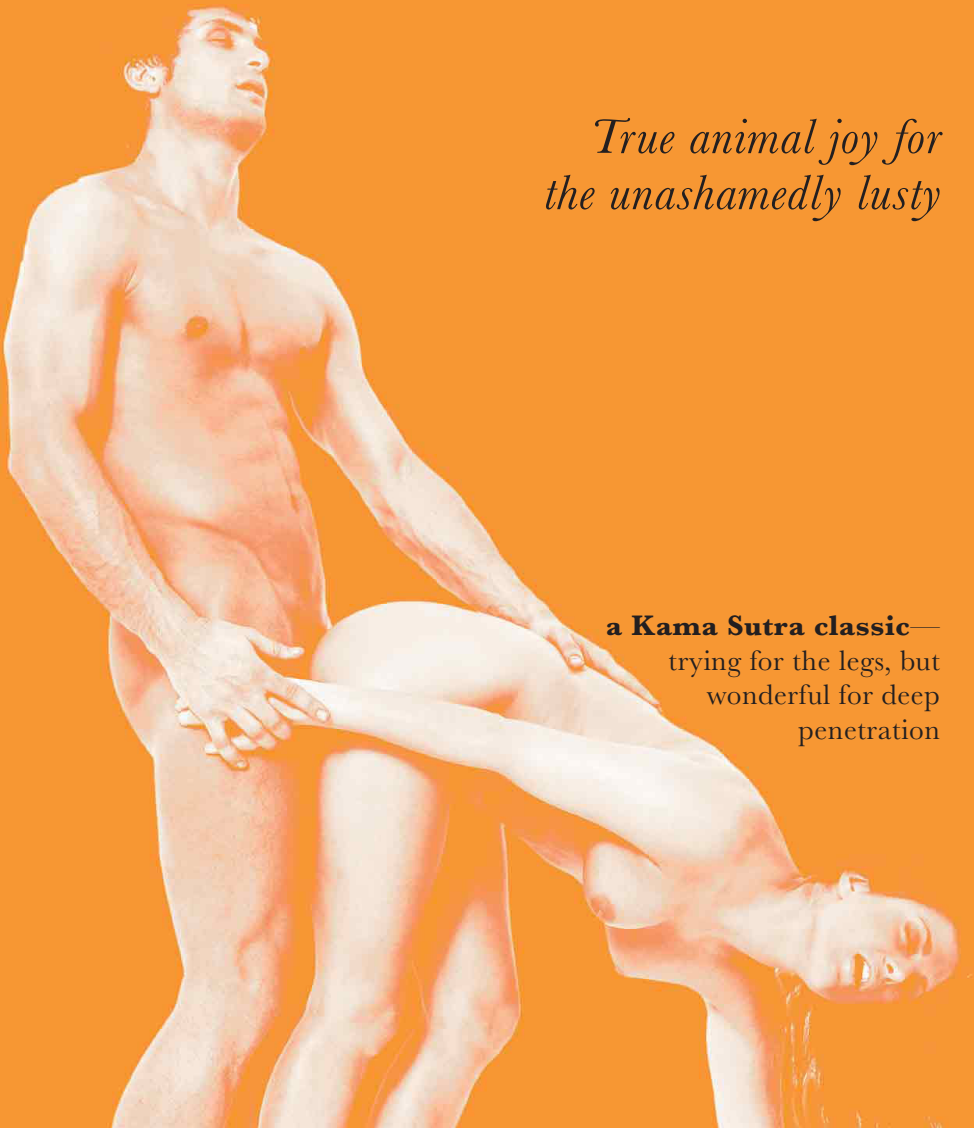
a sensual tickle for women who know how to make a man wait

DAY *242* THE CROSSED KNIVES

Rise together to sharpen your appetites



more a sexercise than a position for penetration, but excellent for foreplay



True animal joy for the unashamedly lusty

a Kama Sutra classic—trying for the legs, but wonderful for deep penetration

Prepare her for a challenge with some soft work

those lovely thighs stretch and strain in many positions; lavishing some care on them can make all the difference

DAY *245* SPLITTING A LOG

Pull her legs as wide as they will go and ply her with full force

a favorite for men who love to feel their dominance

DAY *246* THE SILENT REQUEST

Shape the words against his waiting lips

a guessing game for lovers, with only the movement of her mouth to clue him in as to what she wants next

DAY *247* THE KNOT OF FLAME

Pull each other close in burning passion

the Panchasayaka says that in this position the loins leap together with a sound like the flapping of elephant ears!

Drift away into deep delight

her legs hang in the air and her body rocks with the motion of his thrusts

Don't speak—just let your expressions dance together

the power of an unbroken glance can't be overstated: spend five full minutes moving each other wordlessly

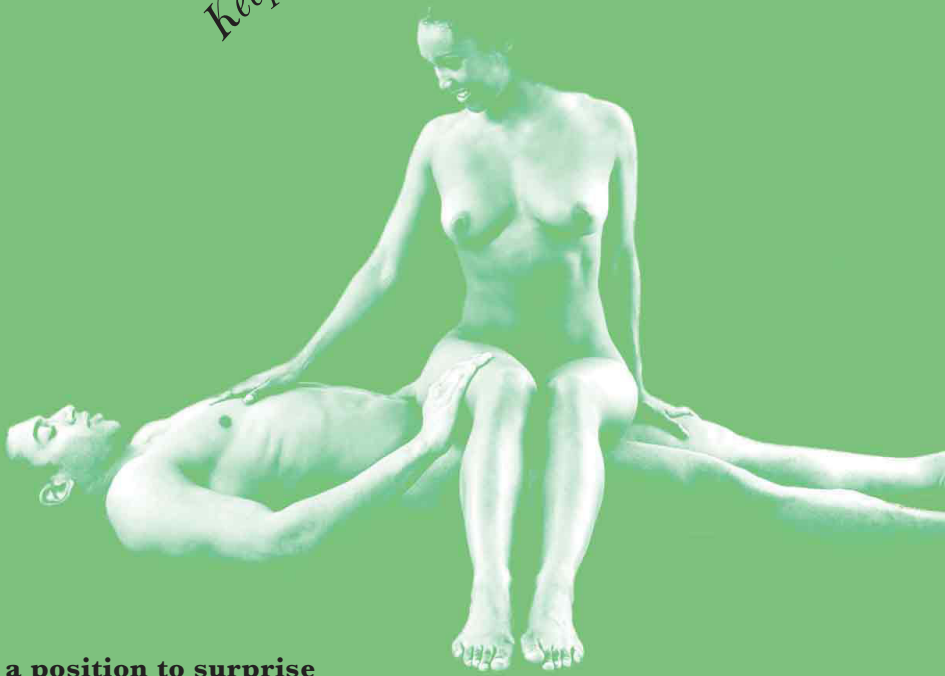
DAY *250* THE DROPPED HEAD

A rush of blood dizzies the lovely woman

for an extra thrill,
hang your head low enough that your breathing constricts—as long as he keeps your safety in mind

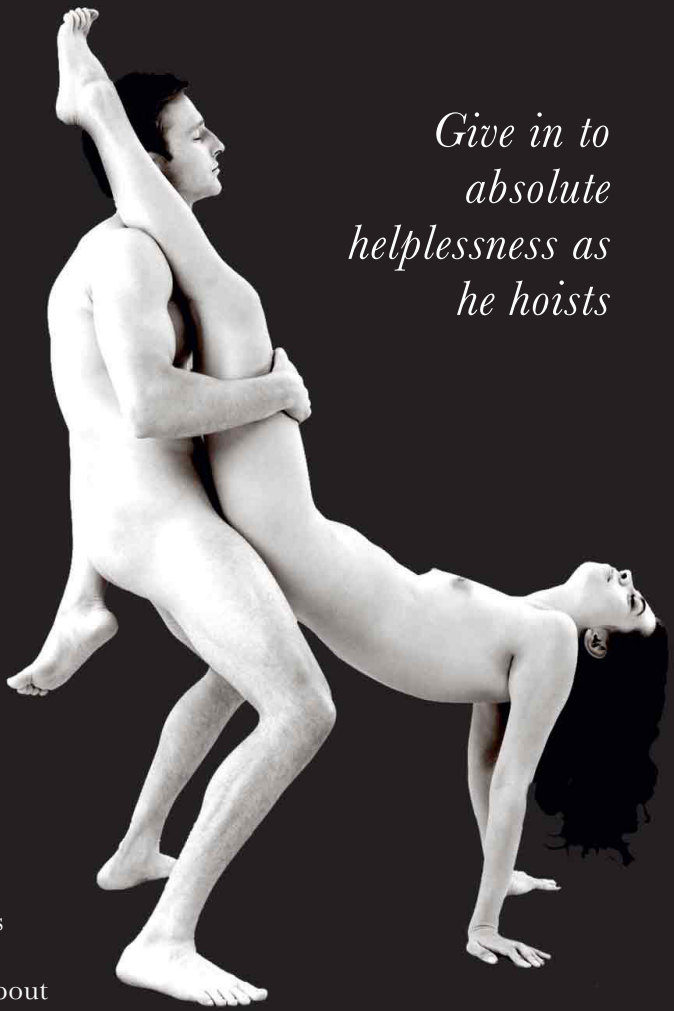
DAY *251* THE HALF-TURN

Keep yourselves in suspense



a position to surprise
and confuse our
expectations, charming for
playful moments

DAY *252* RAISING THE HAMMOCK



Give in to absolute helplessness as he hoists

for a man who loves to glory in his strength, this is a position to boast about

DAY *253* STRIKING A NAIL

He may thrust deep, but only so far as her poised feet allow

a position in which control can shift in a moment

DAY *254* THE SHALLOW OCEAN

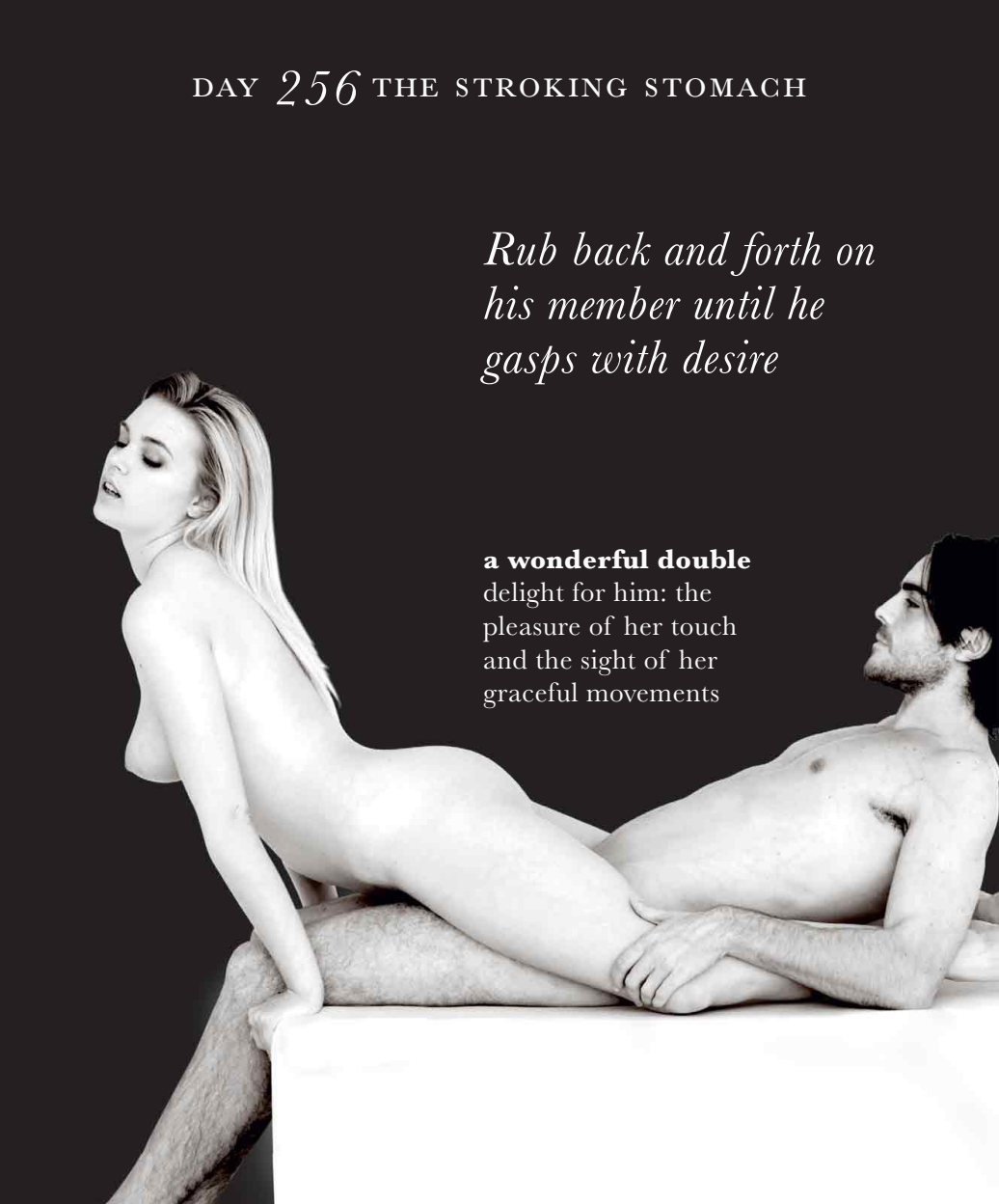
Let pleasure lap you as you ebb and flow together

penetration here can depend on the couple having compatibly angled genitals, but it's lovely as an embrace too

DAY 255 THE SPIDER CARESS

rake the nails very gently across her sensitive scalp—the resulting chills can be surprisingly intense

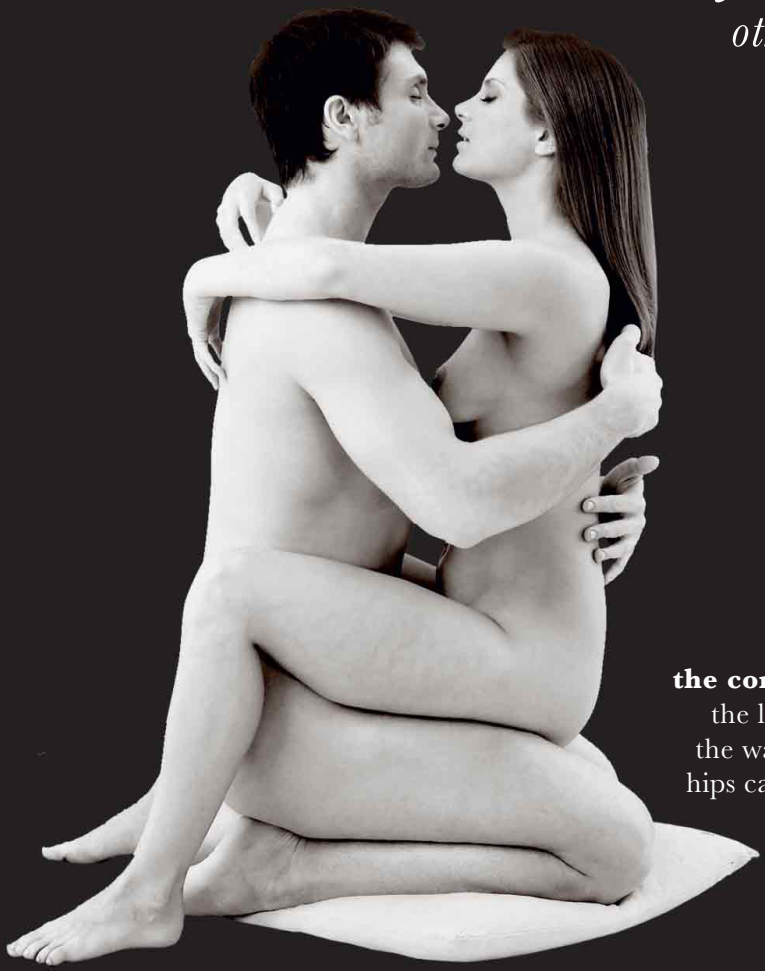
Rub back and forth on his member until he gasps with desire



a wonderful double delight for him: the pleasure of her touch and the sight of her graceful movements

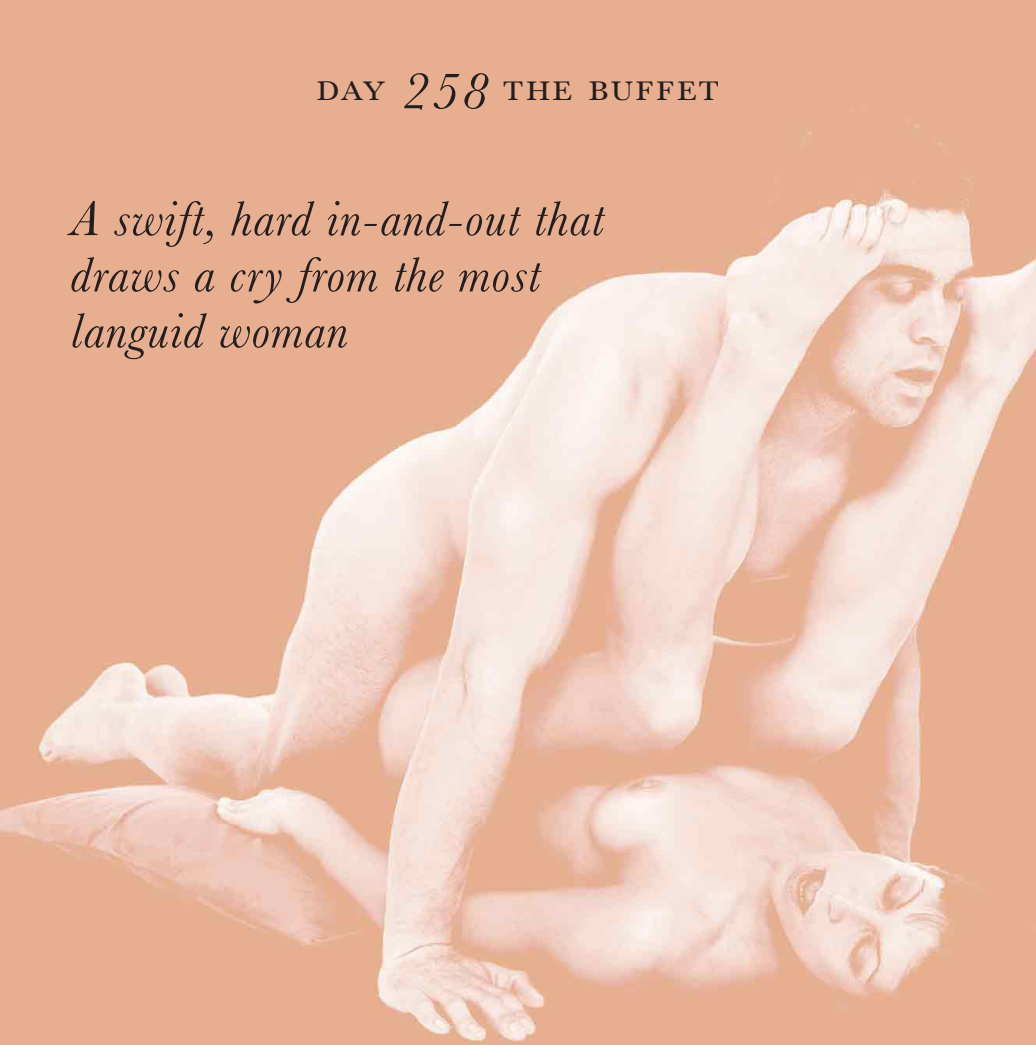
DAY *257* THE BUTTERFLY EMBRACE

Trace delicate patterns of beauty across each other's backs



the contrast between the light fingers and the warm pressing of hips can be delectable

A swift, hard in-and-out that draws a cry from the most languid woman



a thrust the Kama Sutra describes as a complete withdrawal followed by a deep strike to the womb

DAY *259* THE ALTAR

A woman extends herself to play sacrifice for her beloved

one for true gymnasts, but a fine feat if you can manage it

Squeeze him breathless within and without

leaning back, she rests her weight on his shoulders for an extra frisson

DAY *261* THE ACORN

Tucked tight, ready for great pleasure to grow

a useful rear-entry position for creating a tight grip

DAY *262* THE GROOMING CAT

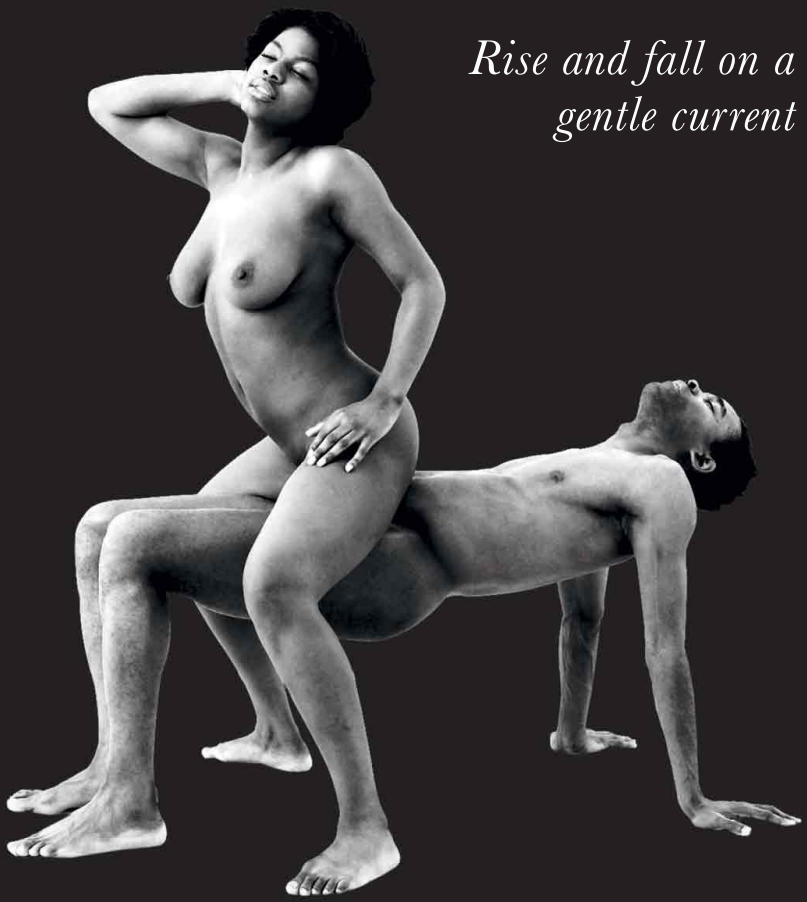
Lift up a leg like a purring kitten and let your lover's energy refresh you

a good way to get an unusual angle, and an extra pleasure for a man who loves his woman's beautiful legs

DAY *263* PIDITAKA (PRESSING)

Sink in and push to the very depths

a love stroke the Kama Sutra suggests for variety; if your woman is shallow inside, be gentle



Rise and fall on a gentle current

for the less athletic, add the support of a stool or two

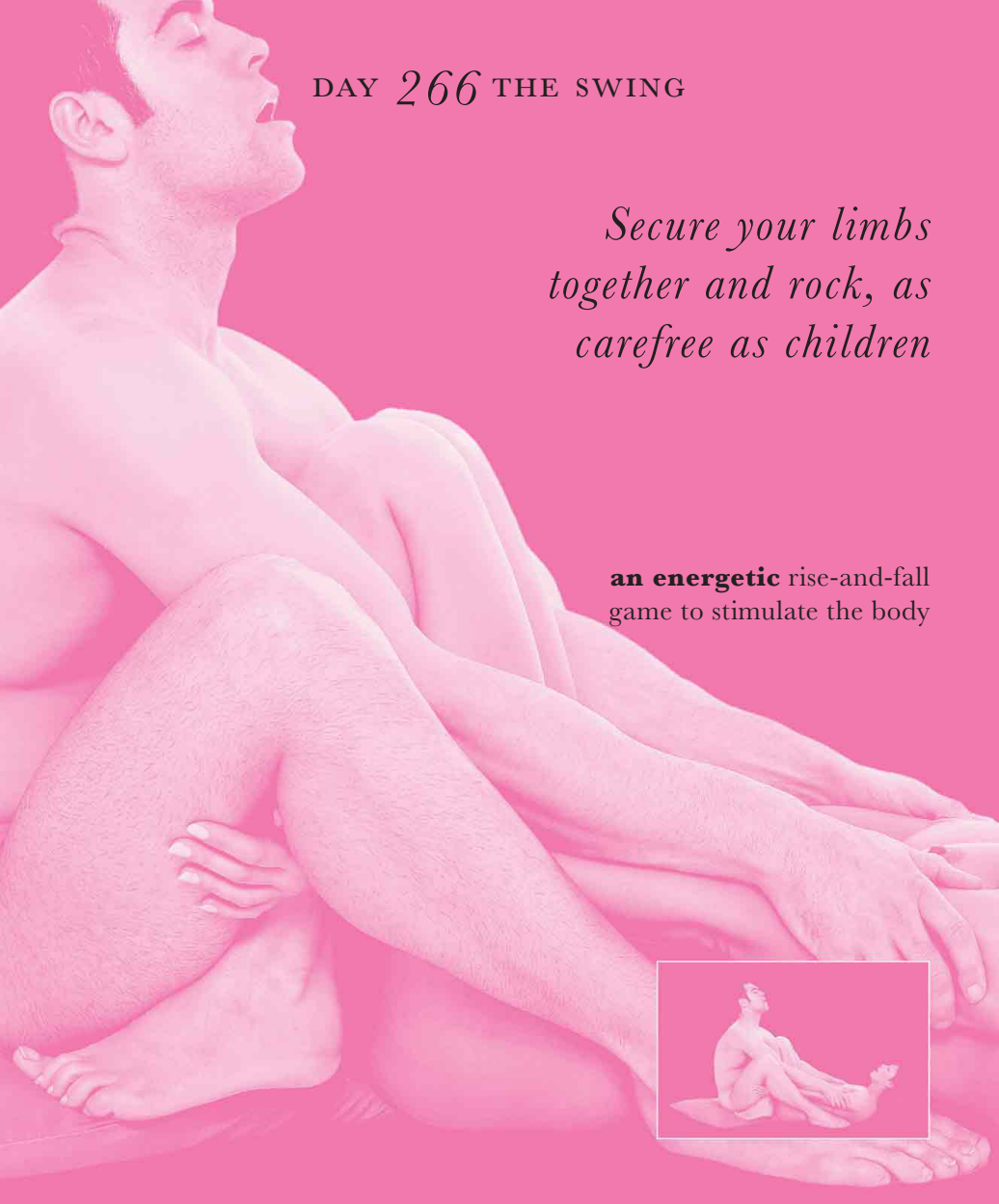
A yummy, yogic classic

the Lotus—her legs crossed one above the other—is one of the Kama Sutra's most famous positions

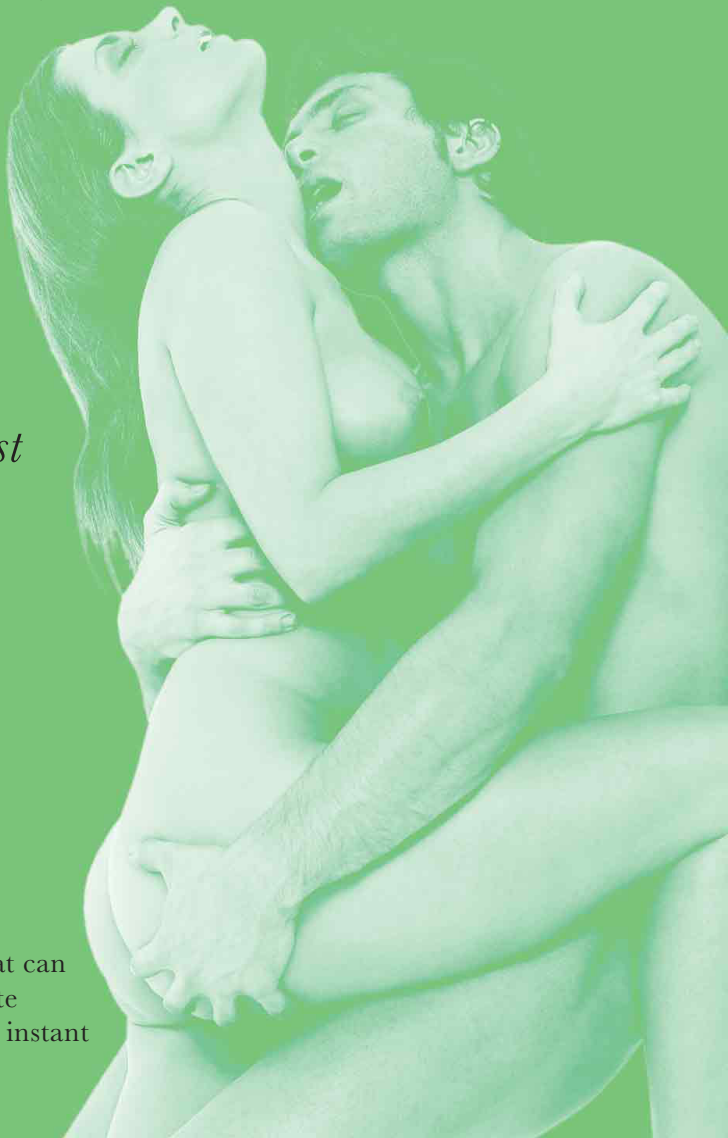
DAY *266* THE SWING

Secure your limbs together and rock, as carefree as children

an energetic rise-and-fall game to stimulate the body



DAY *267* THE PRANCING DOE

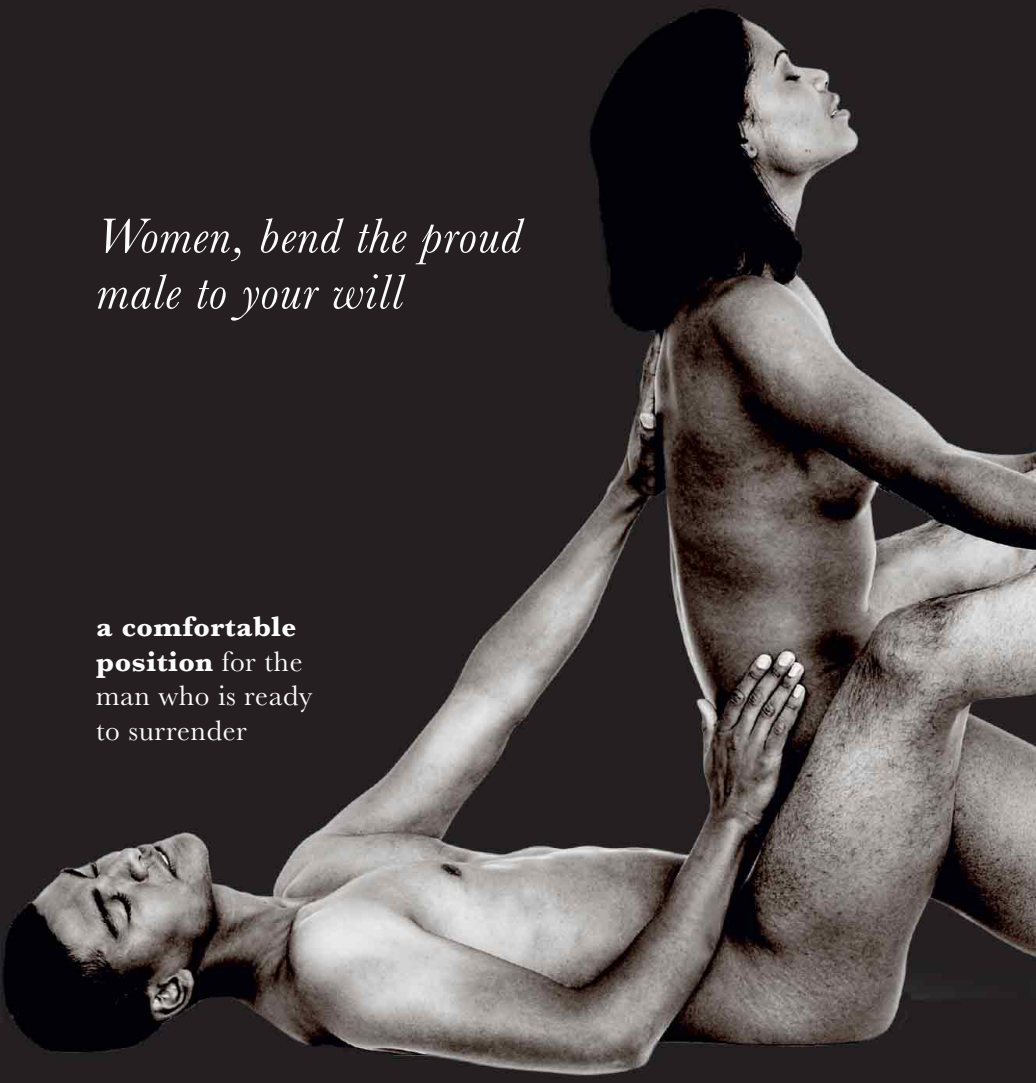


Leap against your stag's virile body

an embrace that can become passionate lovemaking in an instant

DAY *268* THE BULL'S HORNS

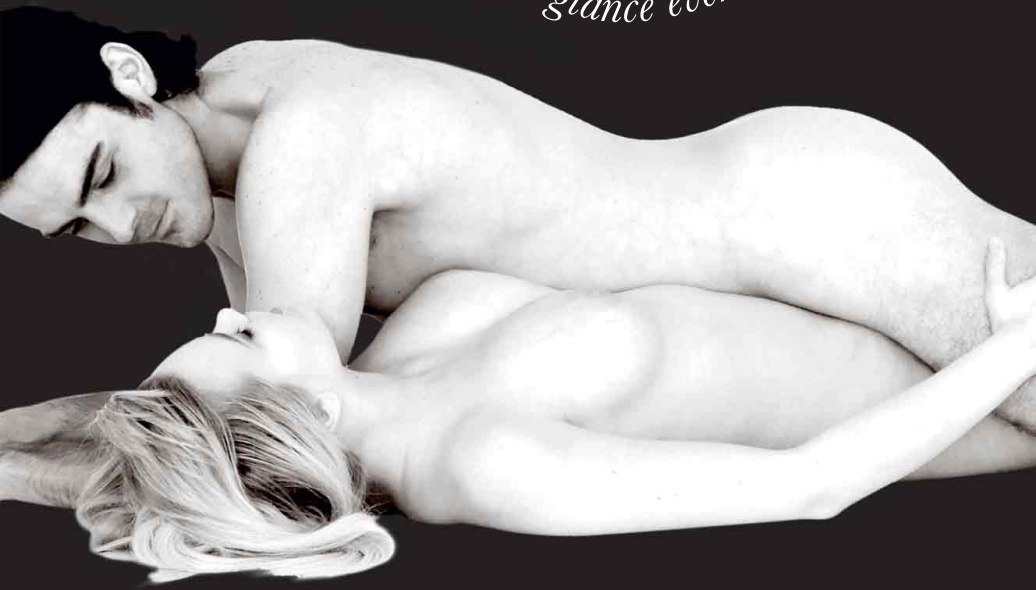
Women, bend the proud male to your will



a comfortable position for the man who is ready to surrender

DAY 269 THE HALF MOUNT

Twist to cast a flirtatious glance even in congress



a fun variation
to liven up more
conventional sex

DAY *270* THE QUEEN'S GREETING

Enthrone yourself unexpectedly

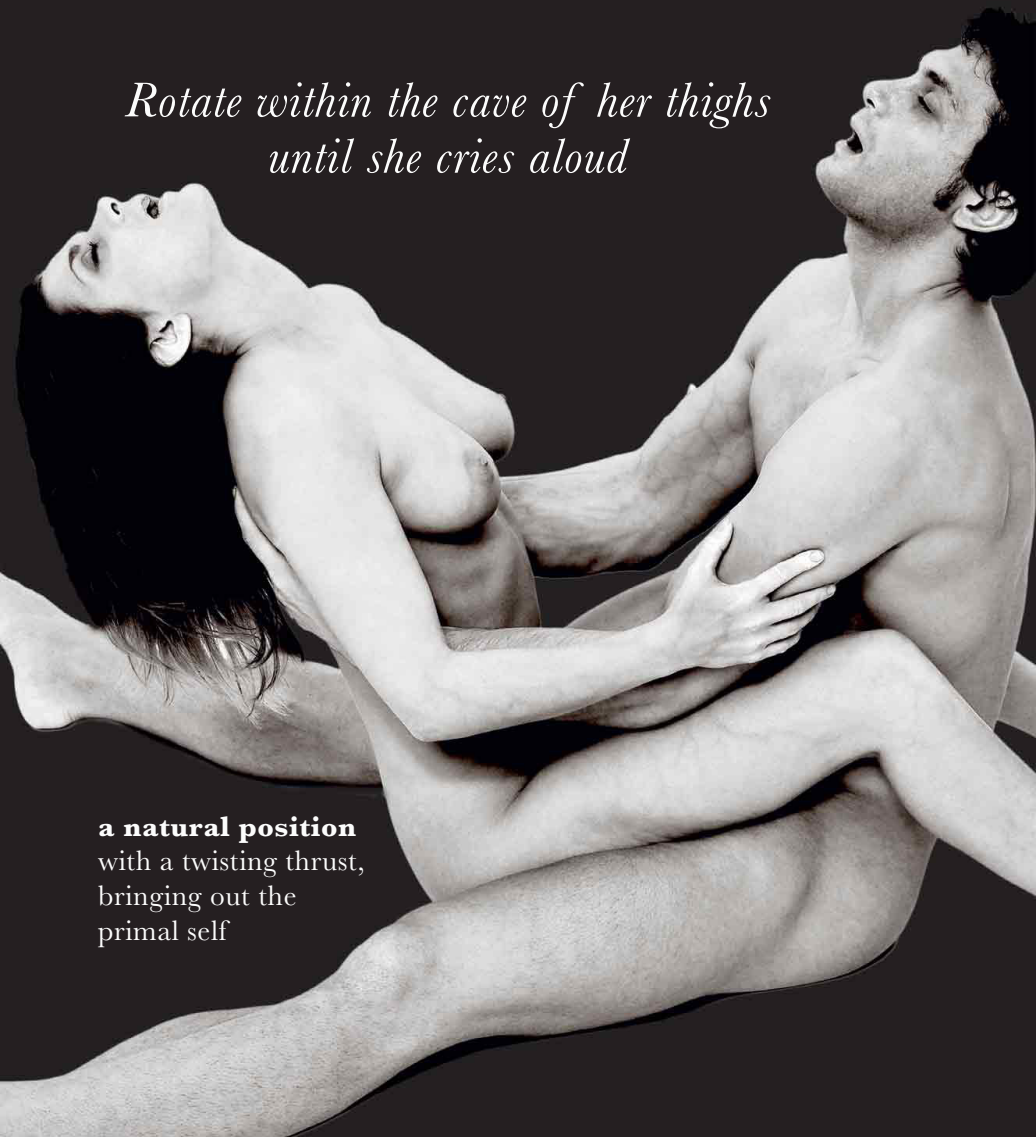
a mischievous way to start the seduction—give him a royal surprise

Wrapped in her beauty, the man knows delight from head to toe

a strong man and a small woman work best for this

DAY 272 THE MONKEY

Rotate within the cave of her thighs until she cries aloud



a natural position with a twisting thrust, bringing out the primal self

Enclosed but moving freely, the man can thrust with all his vitality

pulling him closer, the woman is penetrated to the core

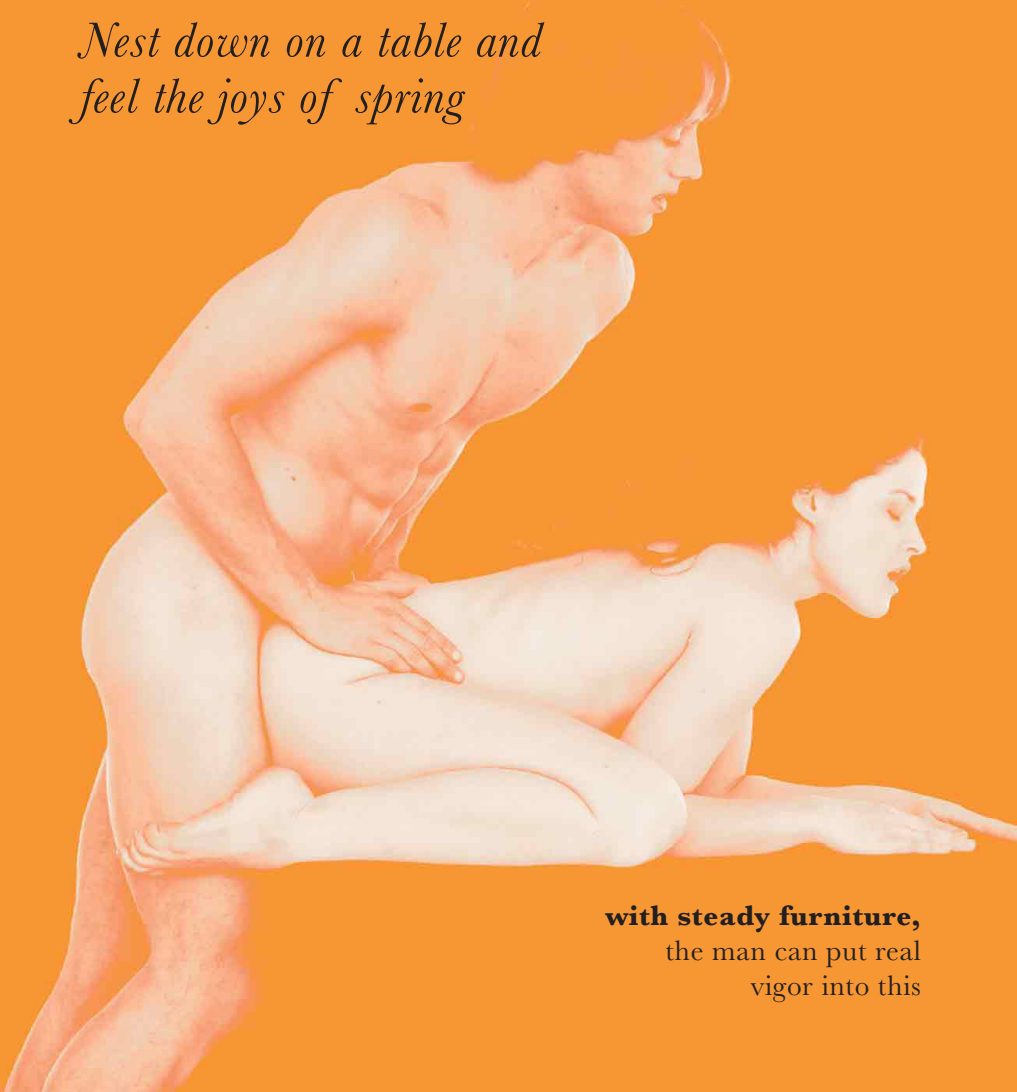
DAY *274* THE COILED MOUNT

Tuck up tight to give him a squeeze

there's nothing like a firm inner grip, so roll yourself into a ball and see what happens

DAY *275* THE HARE

Nest down on a table and feel the joys of spring

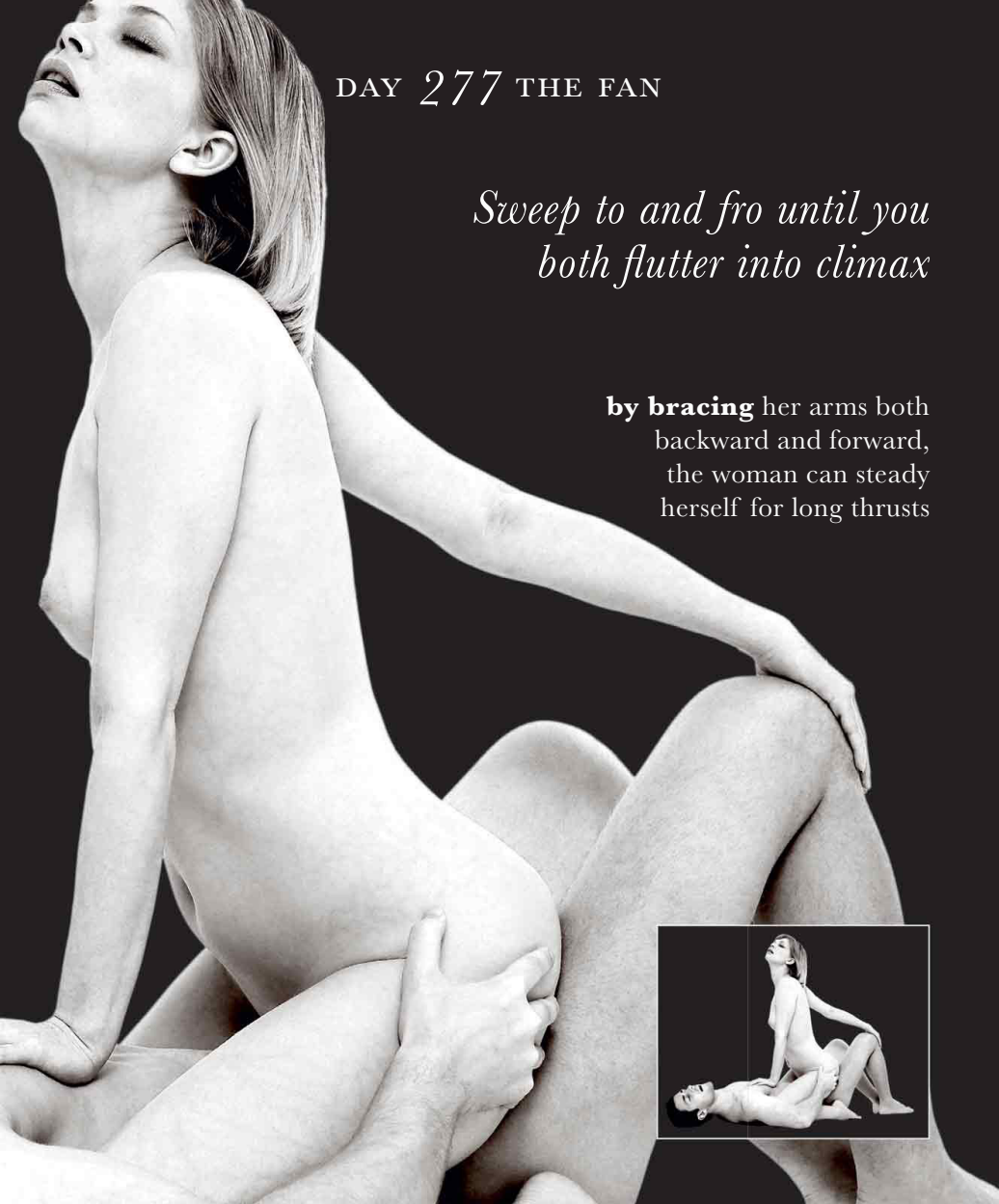


with steady furniture,
the man can put real
vigor into this

DAY *276* THE SWAN'S EMBRACE

Shelter between her legs and whisper together

a sensual way to cuddle up for long, sweet kisses



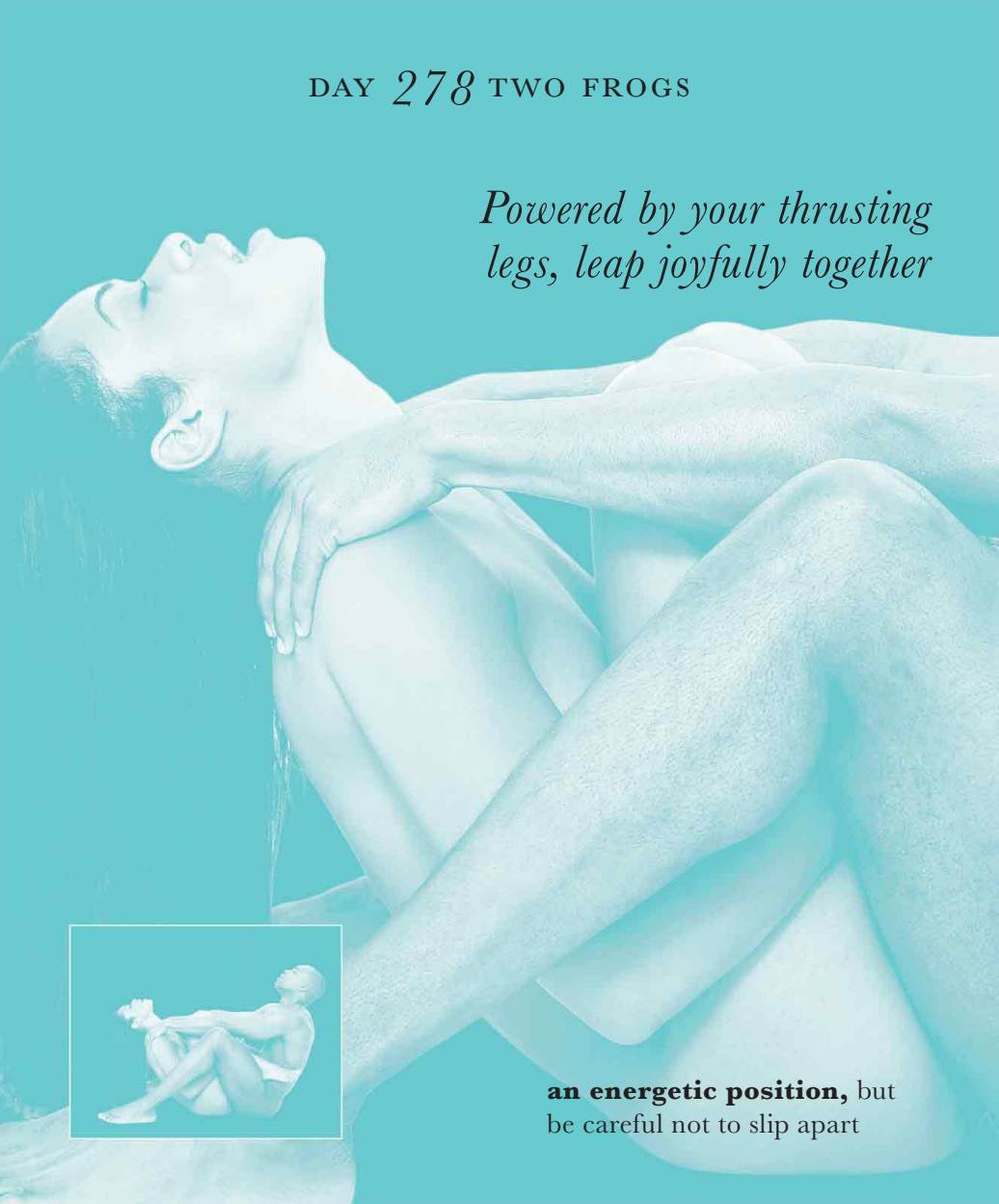
DAY 277 THE FAN

Sweep to and fro until you both flutter into climax

by bracing her arms both backward and forward, the woman can steady herself for long thrusts

DAY *278* TWO FROGS

Powered by your thrusting legs, leap joyfully together



an energetic position, but be careful not to slip apart

DAY *279* THE SCABBARD

Cast aside your inhibitions and slip straight into each other

one that lets the man feel like a true warrior

Sweeten the moment with a careful turn south

the trick is to revolve from facing his head to facing his feet without slipping apart

A line of delicate kisses across her dainty collarbone

for lovers looking to woo gently, this is an enchanting way to begin

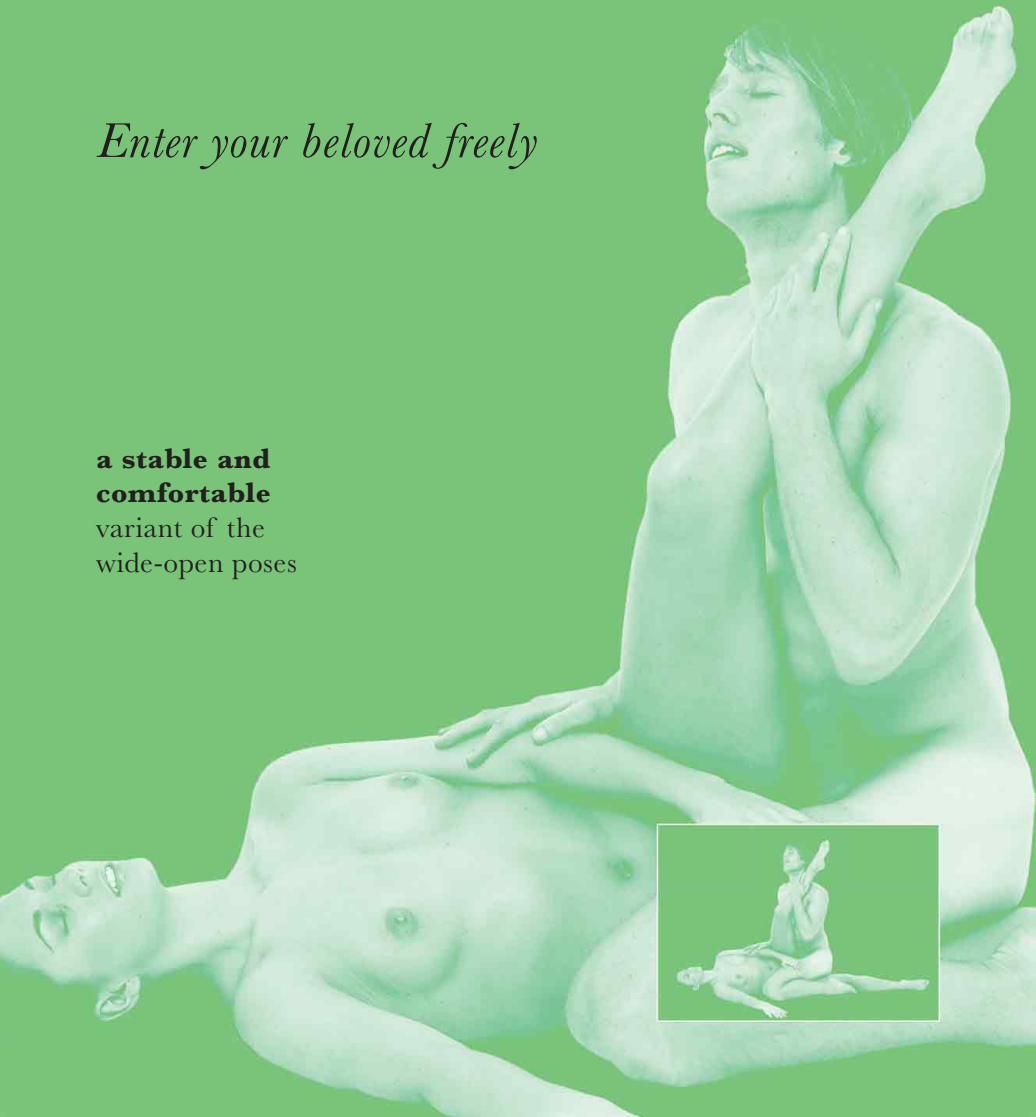
DAY 282 THE BRANCH IN BLOSSOM

Sway as in a gentle breeze

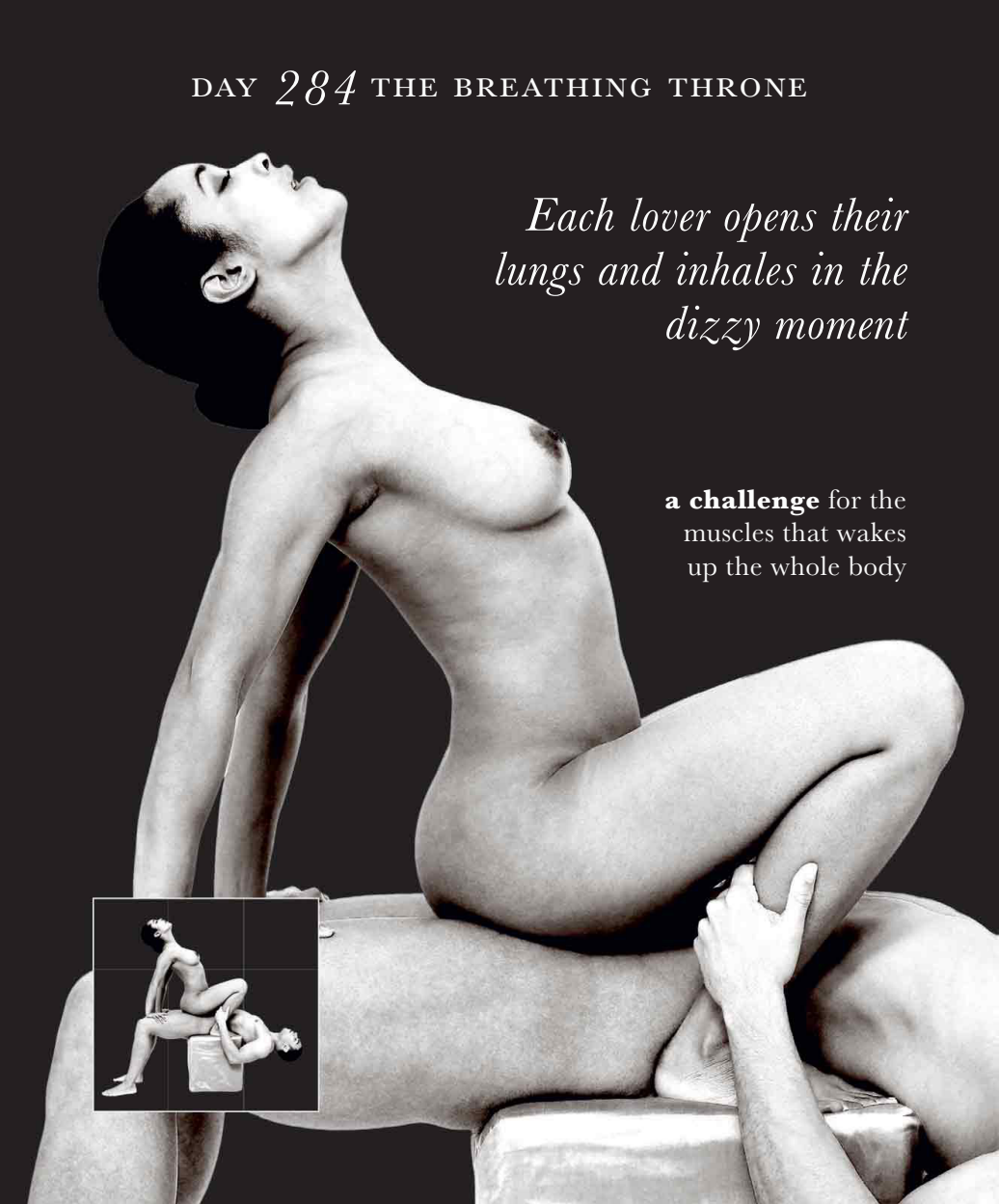
for the man,
a fine position in which to lie back and luxuriate in the balmy moment

Enter your beloved freely

a stable and comfortable variant of the wide-open poses

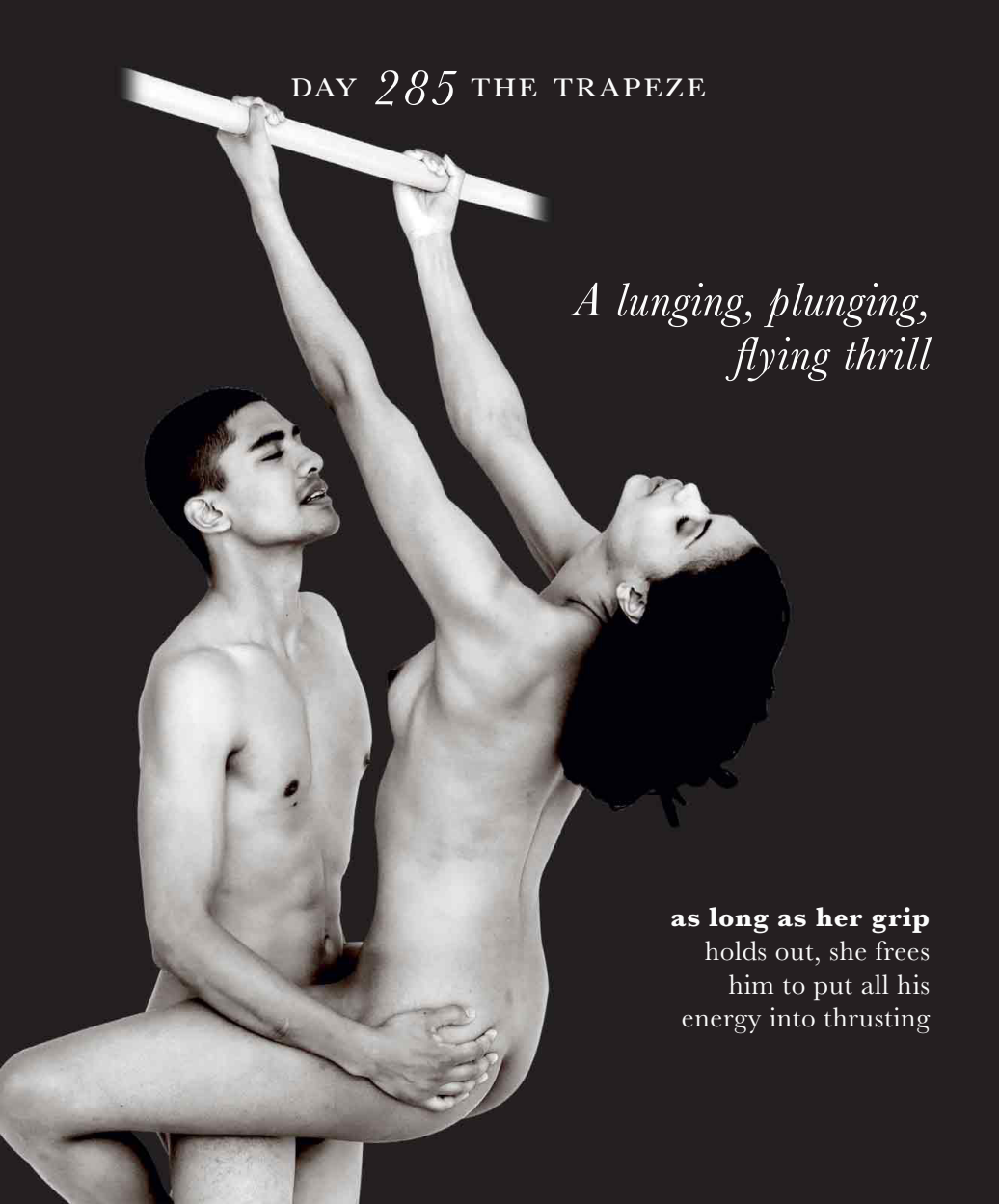


DAY *284* THE BREATHING THRONE



Each lover opens their lungs and inhales in the dizzy moment

a challenge for the muscles that wakes up the whole body



A lunging, plunging, flying thrill

as long as her grip holds out, she frees him to put all his energy into thrusting

DAY *286* THE LIZARD

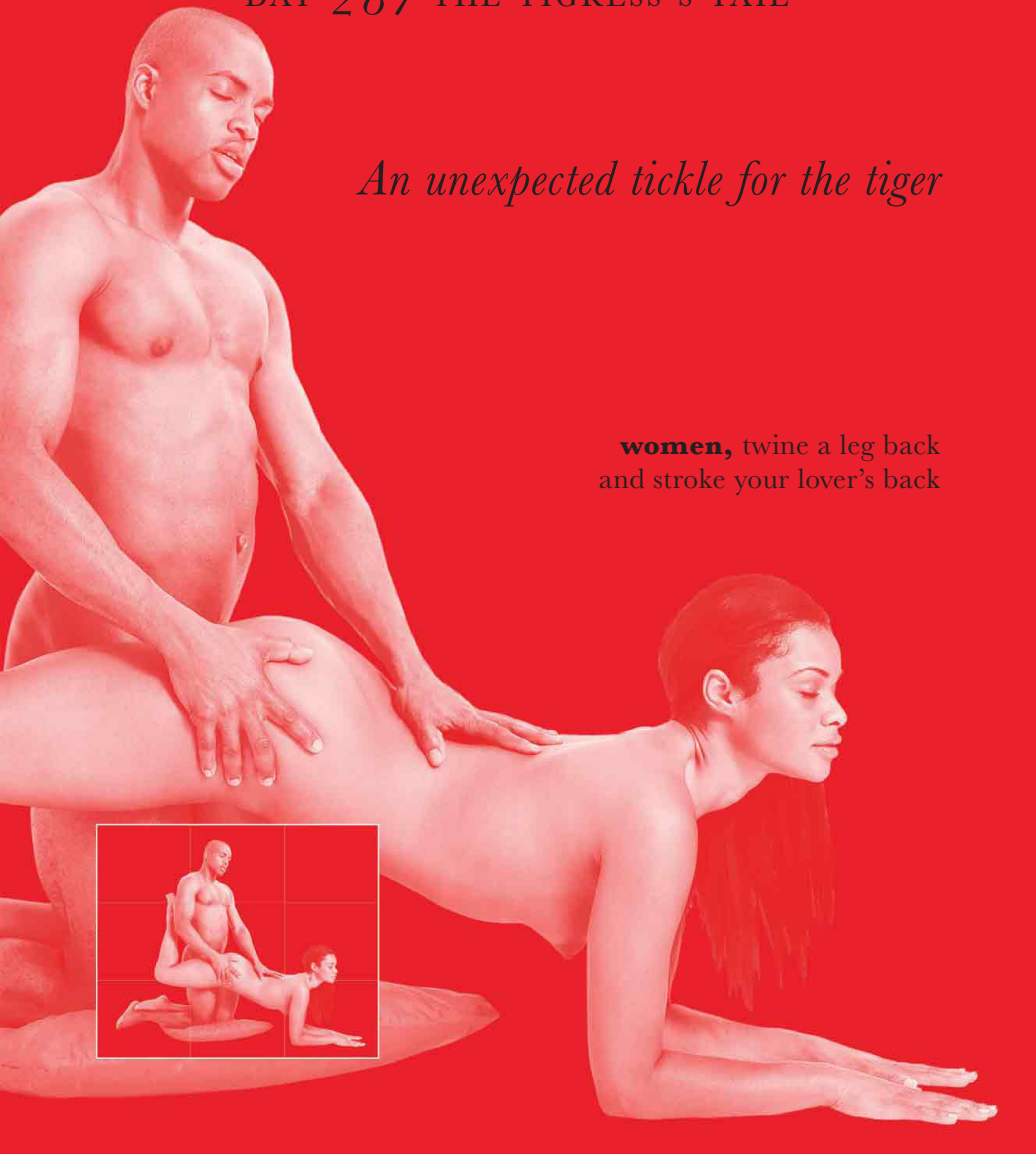
Creep across your resting lover with a sensuous slither

a good position
for lovers' talk
and teasing

DAY *287* THE TIGRESS'S TAIL

An unexpected tickle for the tiger

women, twine a leg back and stroke your lover's back



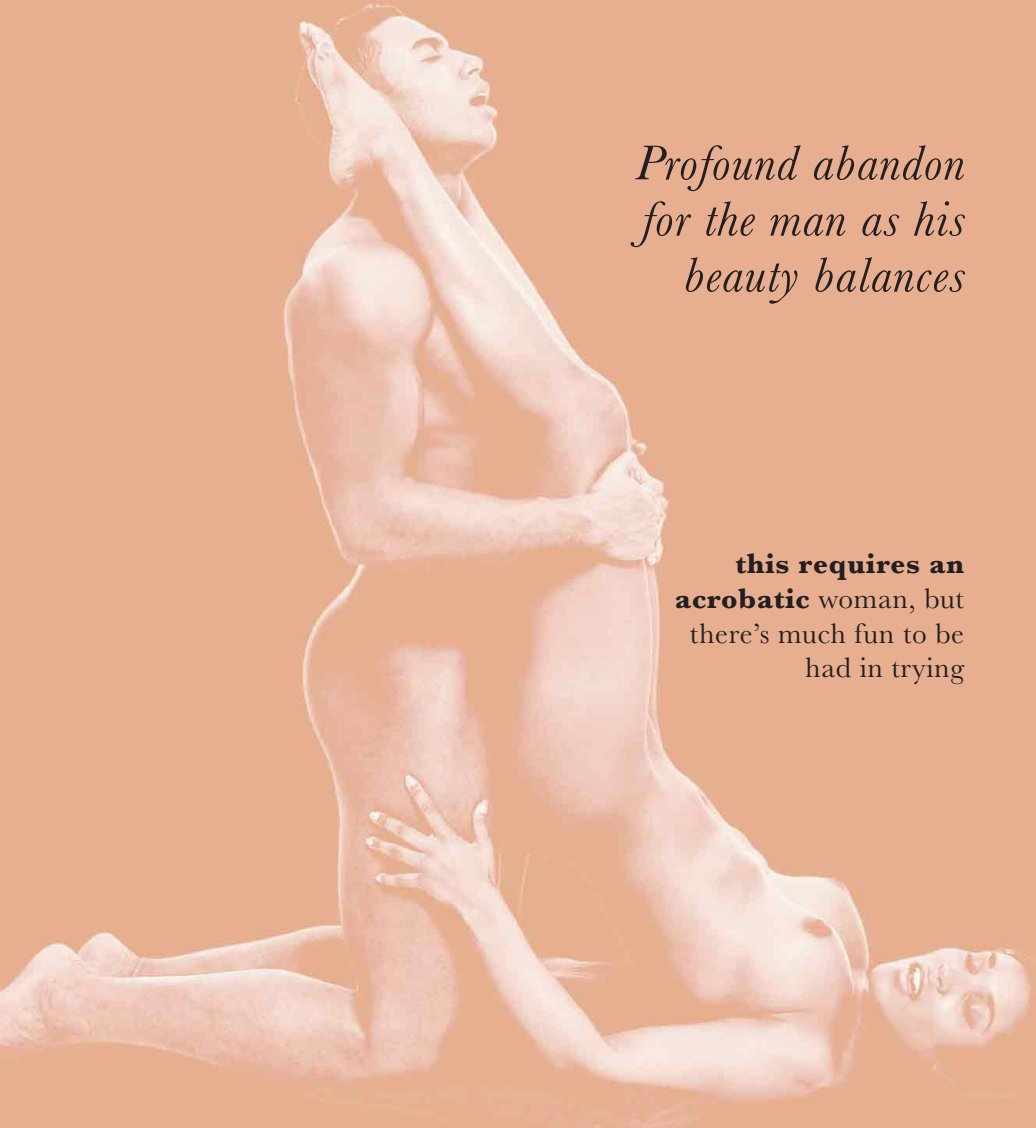
Play a double chord of pleasure

the thoughtful lover tends to his beauty's clitoris with a musician's skill

Cast her down and mold her limbs to yours

a passionate tumble that allows a change of positions mid-flow

DAY *290* THE SHOULDER STOOL



Profound abandon for the man as his beauty balances

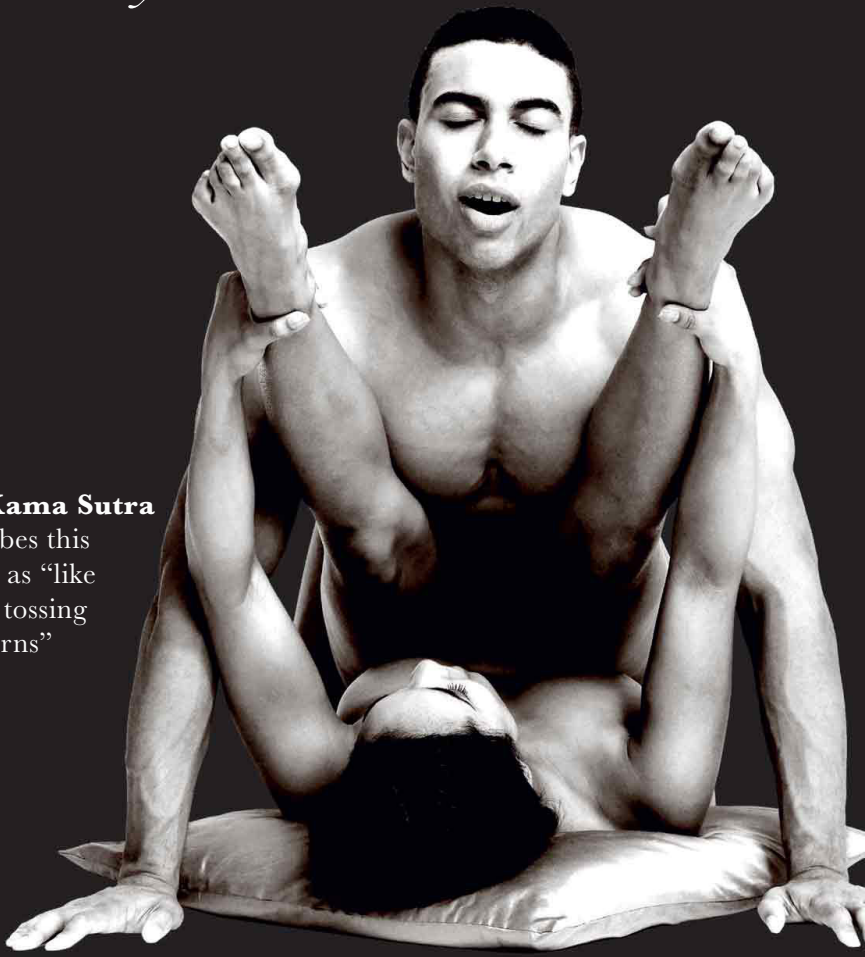
this requires an acrobatic woman, but there's much fun to be had in trying

Let your body be a lesson for your lover to read

make love without speaking, with only your senses for a guide

DAY *292* THE BULL'S BLOW

Strike wildly in all directions



the Kama Sutra describes this thrust as "like a bull tossing his horns"

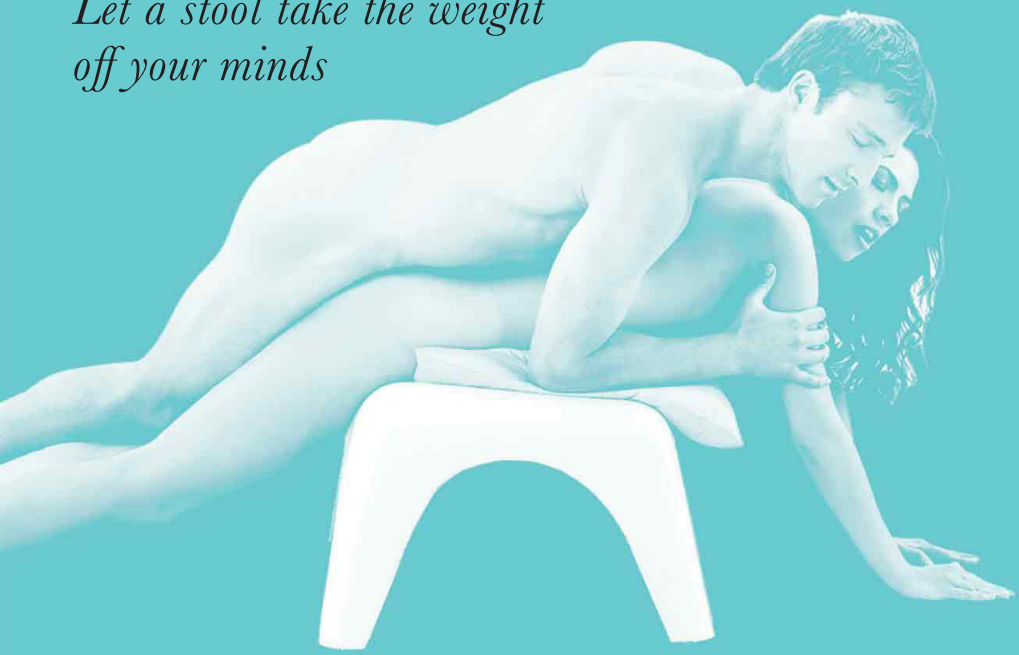
DAY *293* GREETING THE MOON

Stretch to the sky while his fingers stray to the depths

a delectable embrace
to whet the appetite

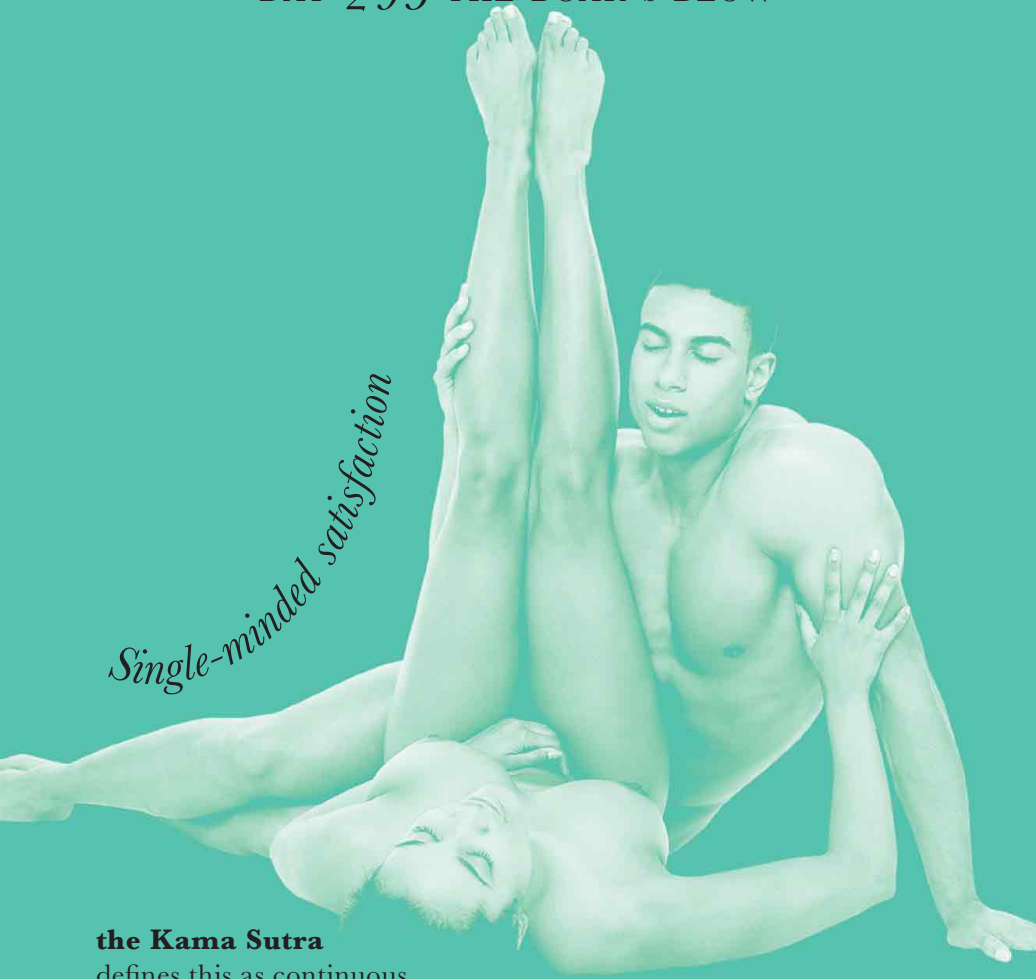
DAY *294* THE LIONESS SUPPORTED

Let a stool take the weight off your minds



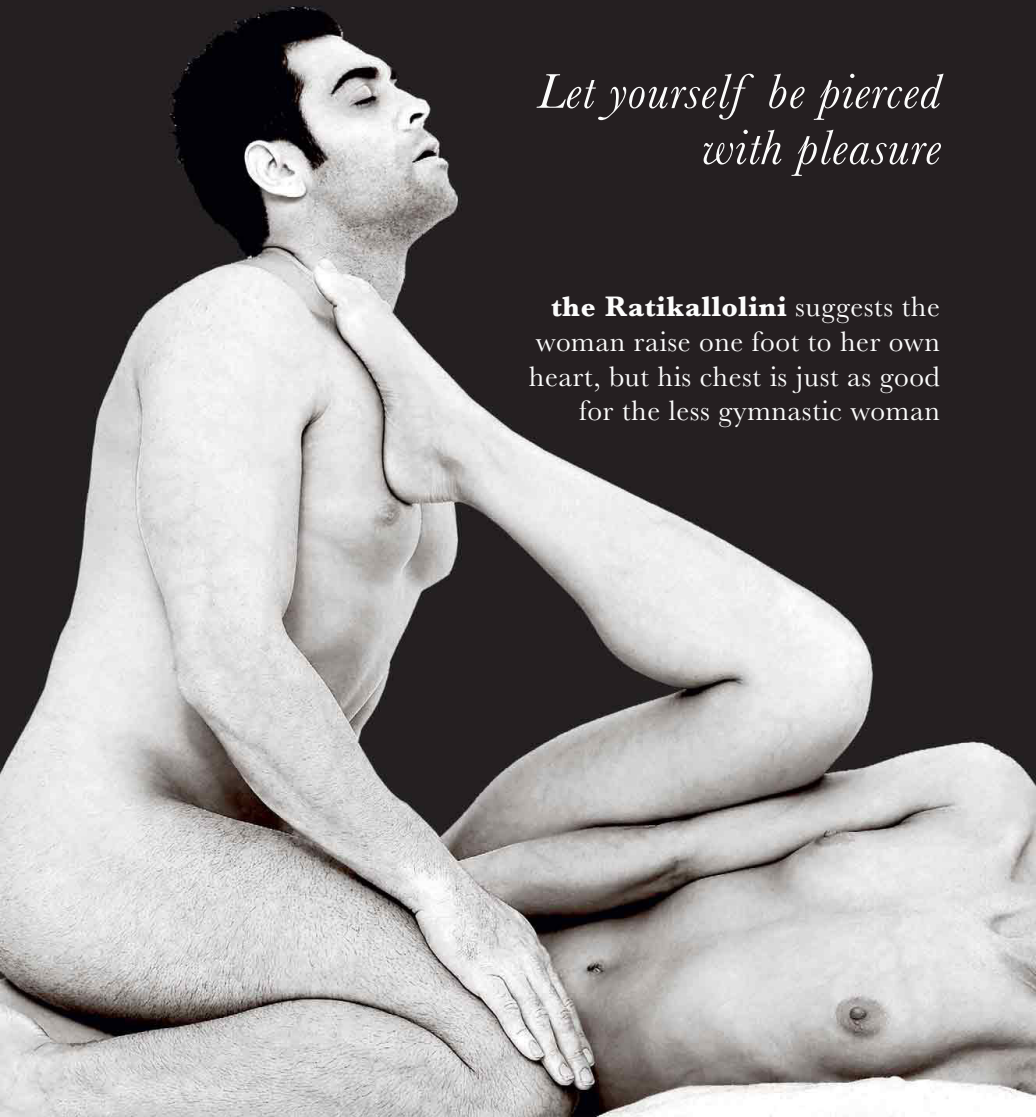
propping yourselves up in this position lets you think of nothing but each other

DAY *295* THE BOAR'S BLOW



Single-minded satisfaction

the Kama Sutra defines this as continuous pressure on one side of a woman's yoni



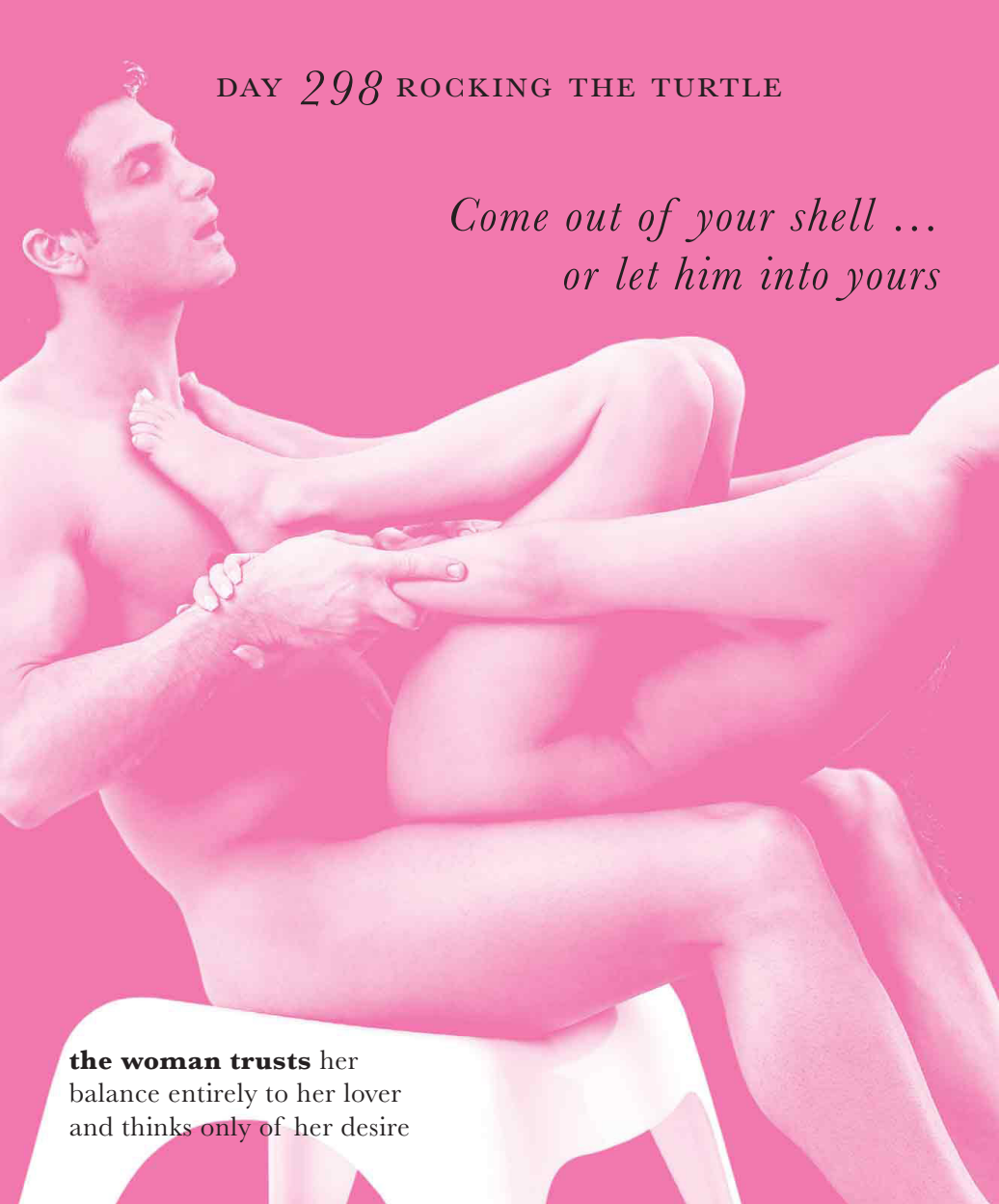
Let yourself be pierced with pleasure

the Ratikallolini suggests the woman raise one foot to her own heart, but his chest is just as good for the less gymnastic woman

DAY *297* FEATHER FINGERS

The lightest touch can be the sweetest

stroke ever so gently up and down your beloved's skin



Come out of your shell ...
or let him into yours

the woman trusts her balance entirely to her lover and thinks only of her desire

DAY *299* HOLDING THE BOW

Stretch your body taut for your man's excitement

more of an embrace than a sex position, but a wonderful way to show off a woman's physique

Tantalize yourselves with his rising virility

a position
in which to hold and wait until the temptation grows too hard to resist

DAY *301* THE CLIMBING MONKEY

Scamper into reckless mischief

a position that requires a willowy woman, but tremendous fun if it suits your body type

DAY *302* HALF-WRAPPED

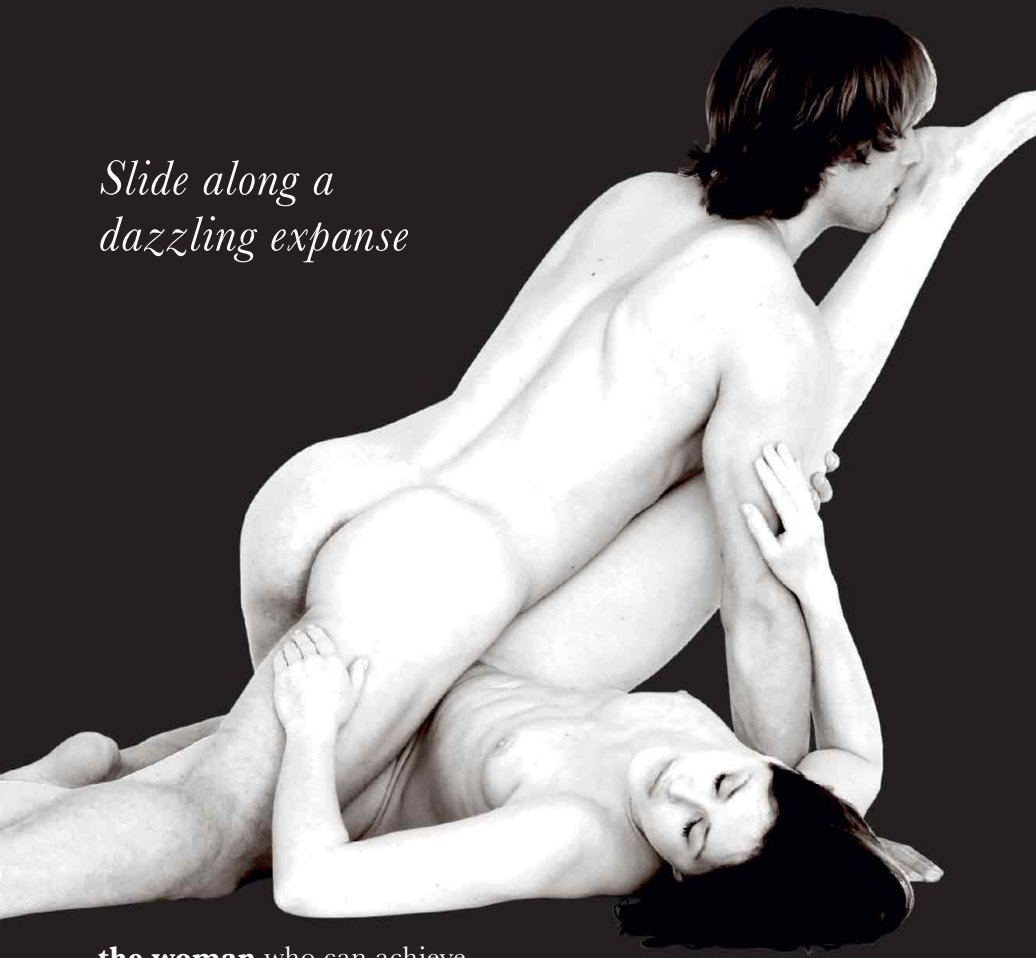
Enclose him with a single, sinuous limb

a great deep-entry
position that's not too
limb-bendingly yogic

DAY *303* THE COURTESAN'S GAMBIT

Pleasure yourself openly as he thrusts

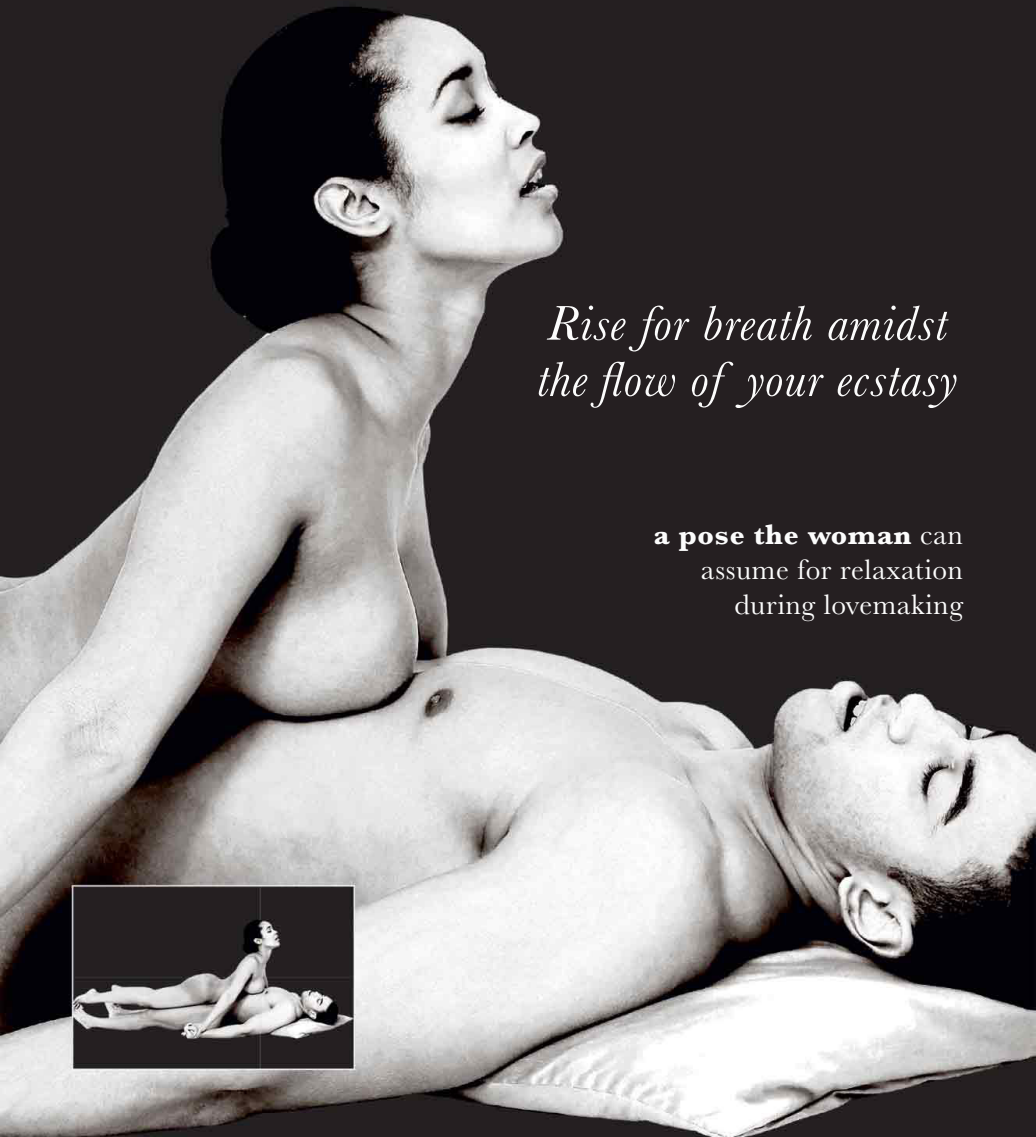
a gymnastic position that allows each lover to focus on their own excitement



Slide along a dazzling expanse

the woman who can achieve this will be admired as a goddess by her lover

DAY *305* THE RIVER DOLPHIN



Rise for breath amidst the flow of your ecstasy

a pose the woman can assume for relaxation during lovemaking

DAY *306* THE LITTER BEARER

A strong man absolutely at his woman's service

a strain on all but the mightiest of thighs, but you can always move to a chair if he tires

DAY *307* THE KIDNAPPER'S HOLD

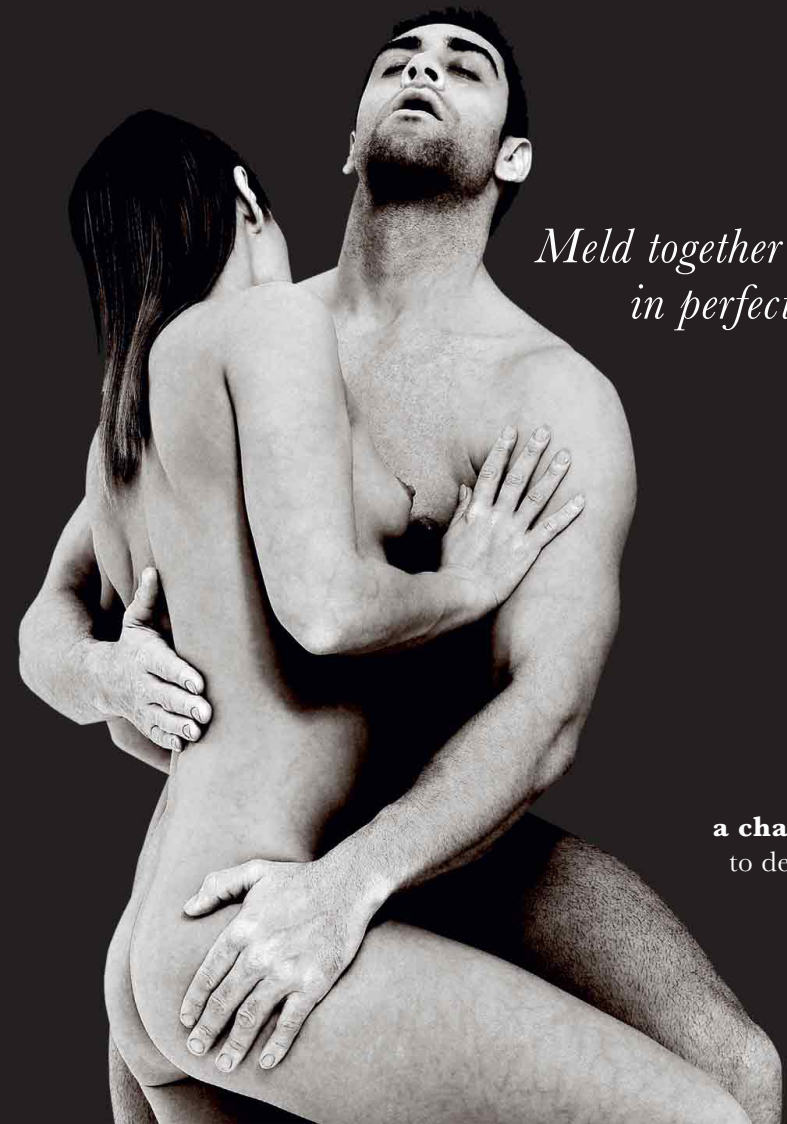
Steal her away from routine

a fun way to grab your woman's attention and start a sexy game

Find your way and win true glory!

undoubtedly not the easiest angle, but a lot of fun can be had in the attempt

DAY *309* THE MIRROR DANCE



Meld together and move in perfect harmony

a charming game
to deepen intimacy

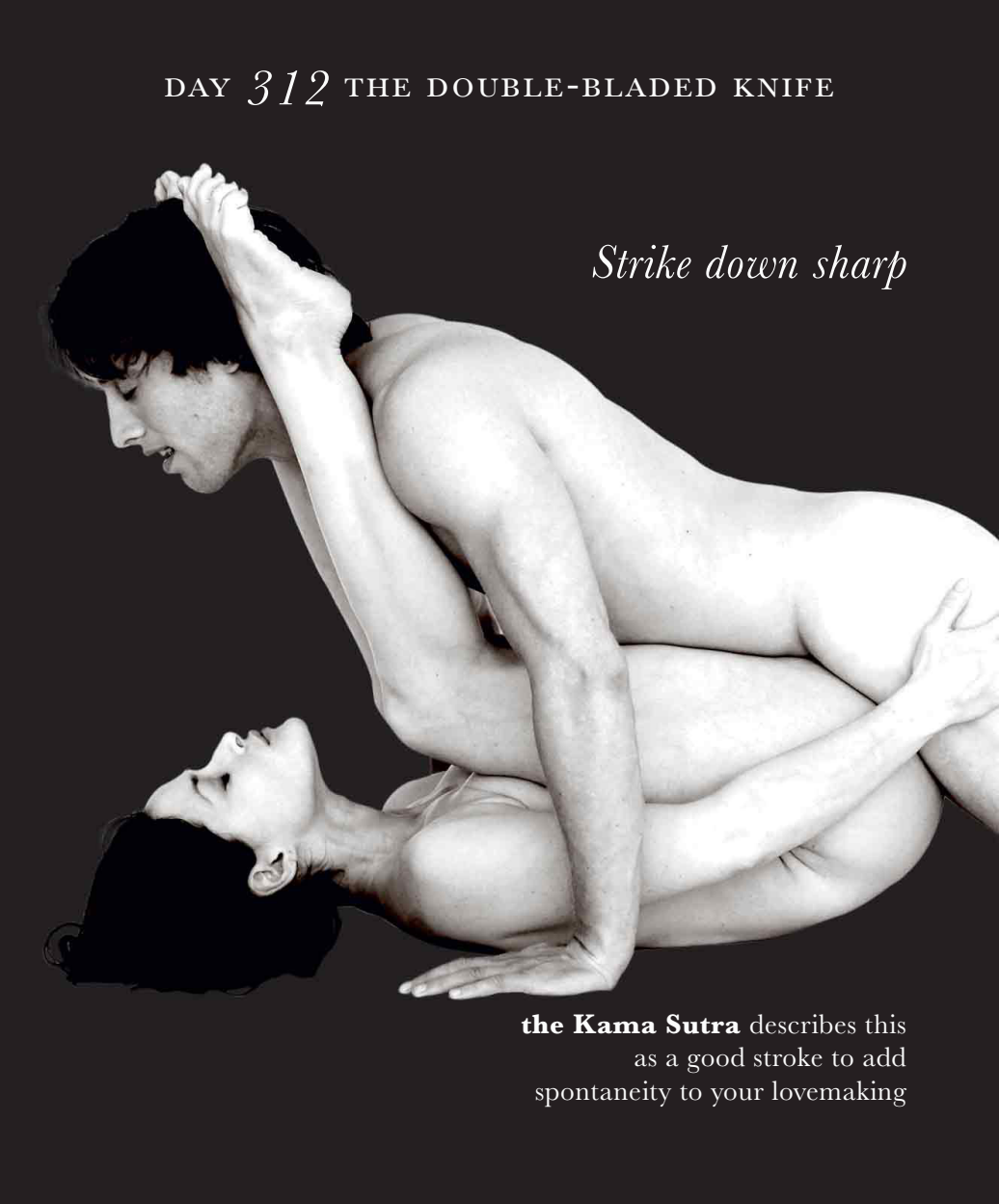
She lifts and lays open her whole body for her beloved

a tender-hearted man can please her with his hand at the same time

Hold her safe for the journey into climax

a loving and relaxing position for those times when she deserves all his attention

DAY *312* THE DOUBLE-BLADED KNIFE



Strike down sharp

the Kama Sutra describes this as a good stroke to add spontaneity to your lovemaking

DAY *313* THE BED WITH NO SHEETS

Raise yourself up to be your beauty's couch

unwise to attempt penetration here, but fine for waking up the vigor and impressing your woman

DAY *314* THE THIGH'S TREASURE

No man will forget the silken delights of his woman's skin

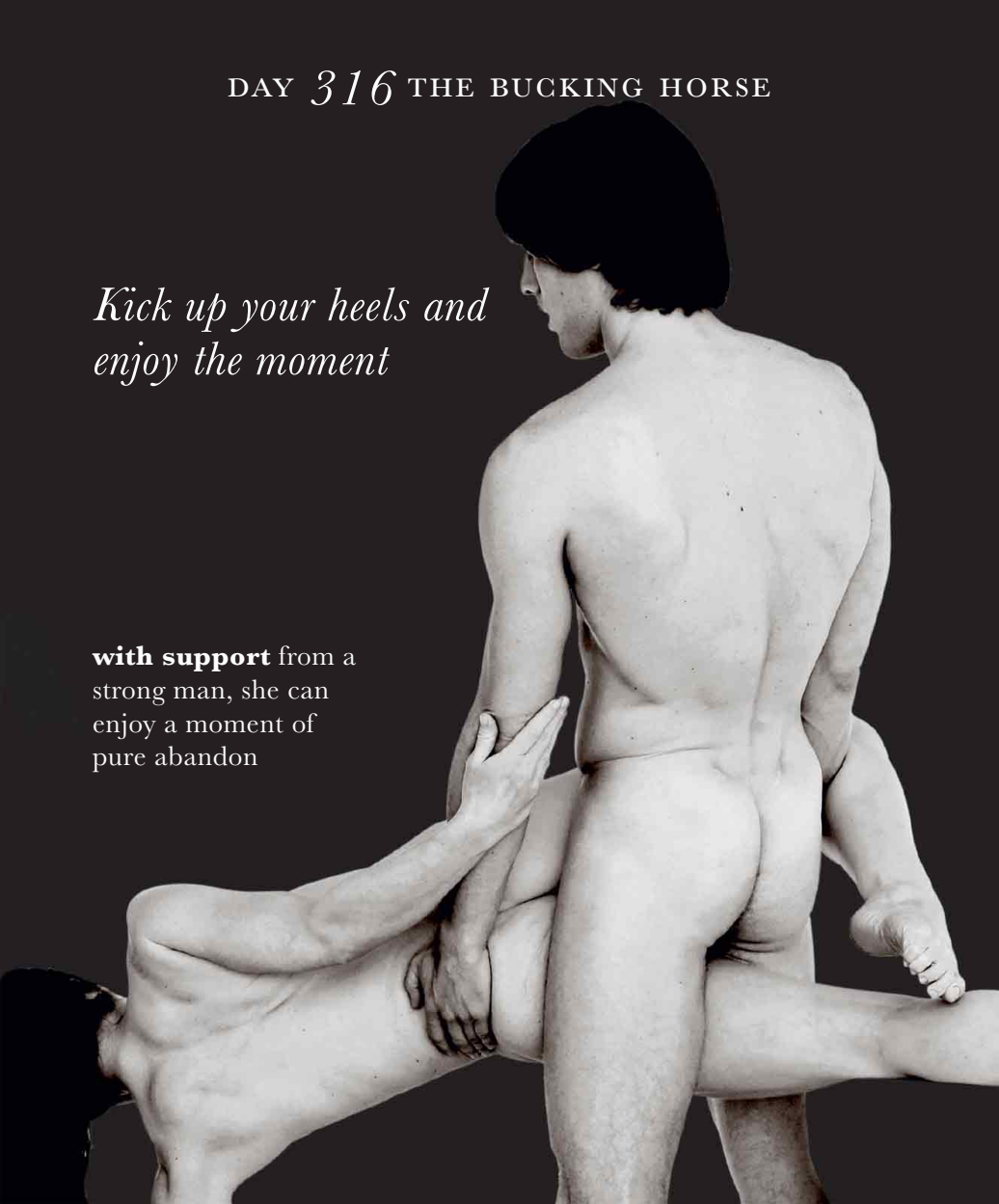
with some lubrication, this is a sweet treat for those days when you don't want penetration

DAY *315* THE KINGFISHER'S DIVE

Hurl yourself into ecstasy

a gymnastic trick in which the fear of falling heightens the arousal

DAY *316* THE BUCKING HORSE

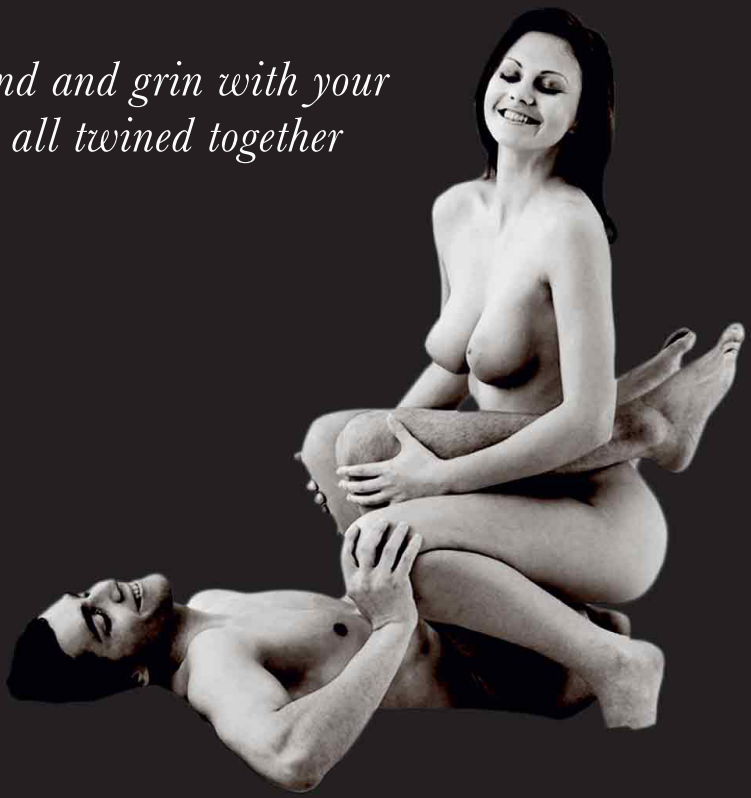


Kick up your heels and enjoy the moment

with support from a strong man, she can enjoy a moment of pure abandon

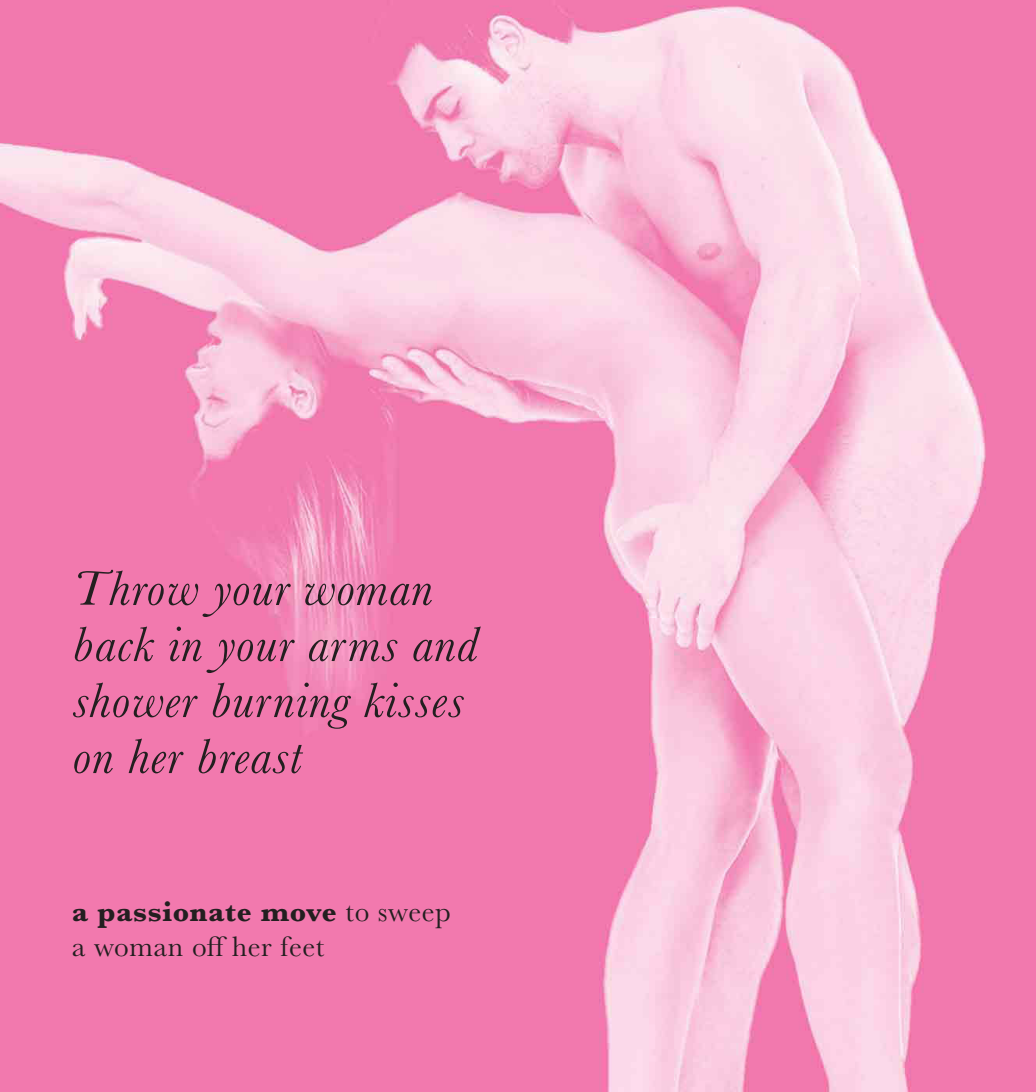
DAY *317* THE DOUBLE CROUCH

Grind and grin with your legs all twined together



a bouncy position that lets each partner contribute some flexible fun

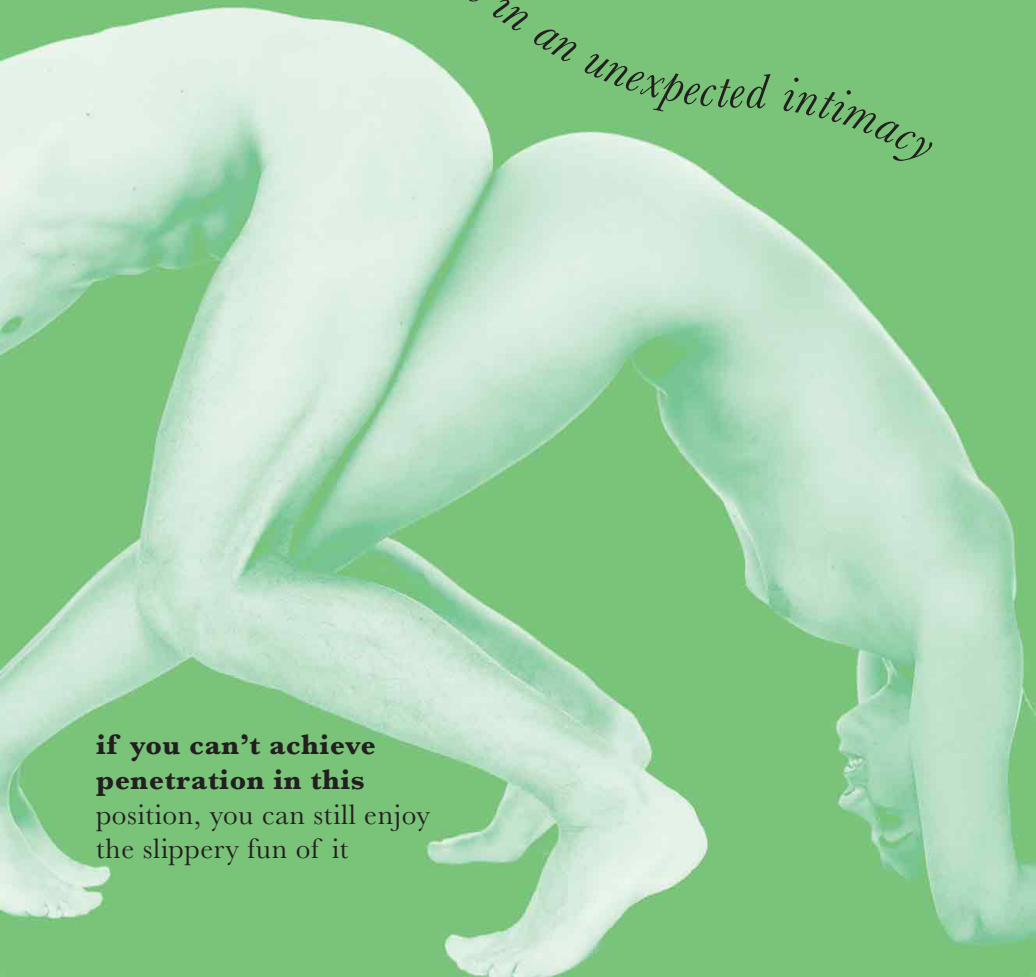
DAY *318* THE CASTING EMBRACE



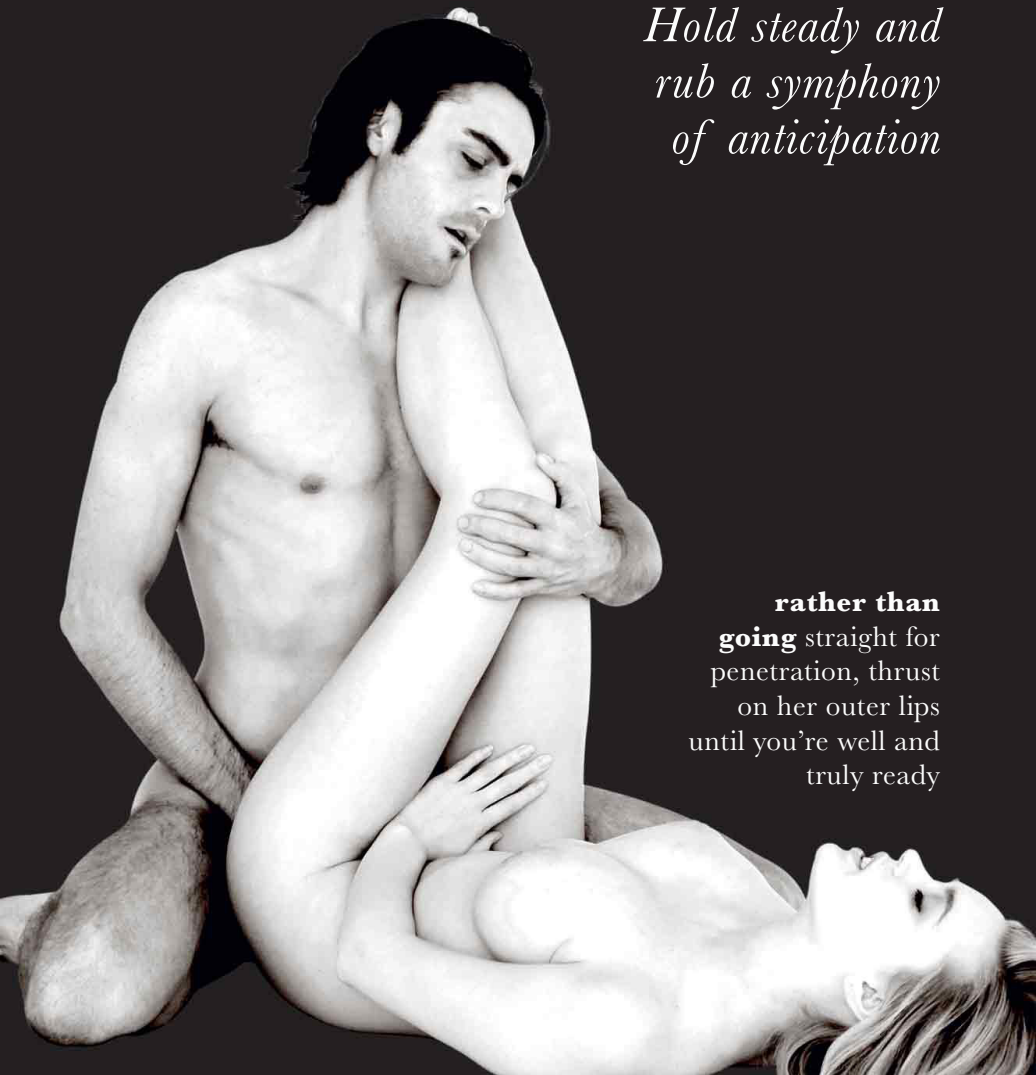
Throw your woman back in your arms and shower burning kisses on her breast

a passionate move to sweep a woman off her feet

Meet each other's gaze in an unexpected intimacy



if you can't achieve penetration in this position, you can still enjoy the slippery fun of it



Hold steady and rub a symphony of anticipation

rather than going straight for penetration, thrust on her outer lips until you're well and truly ready

DAY *321* THE FALLING BRANCH

Sink with a sigh as he admires your flowering beauty

a sensuous way to change positions and move into a new embrace

DAY *322* EQUAL FEET

Caress him with your feet and hands working in harmony

the Ratikallolini calls this position a way to ecstasy

DAY *323* THE LOVER'S NOOSE

Press your thighs around her so hard she gasps

a device most charming to the woman, according to the Smaradipika

Lean up against your man and slide happily

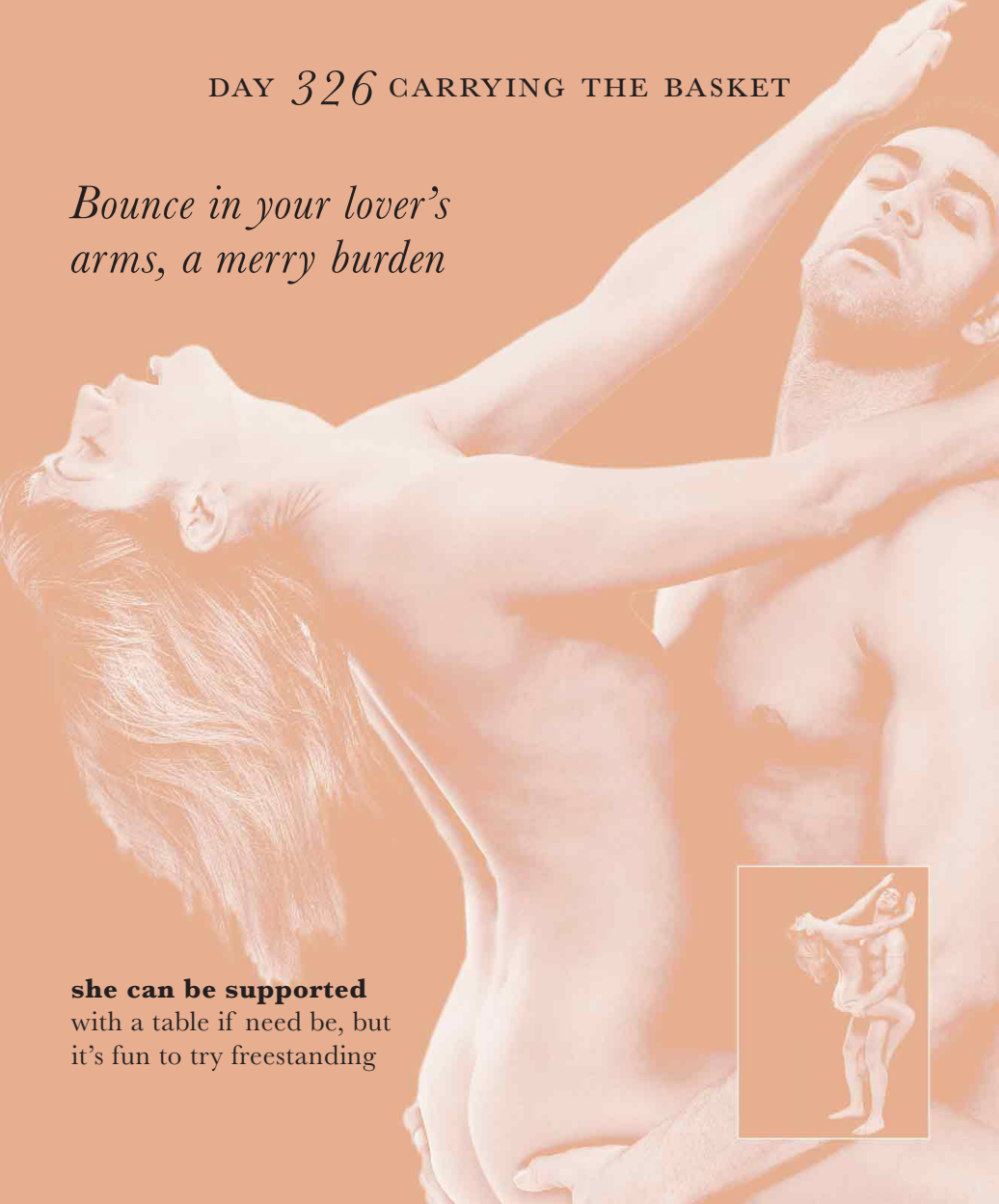
a sensuous way for her to start the love play

DAY *325* THE SOLDIER'S EMBRACE

Grab your chance, bed or not

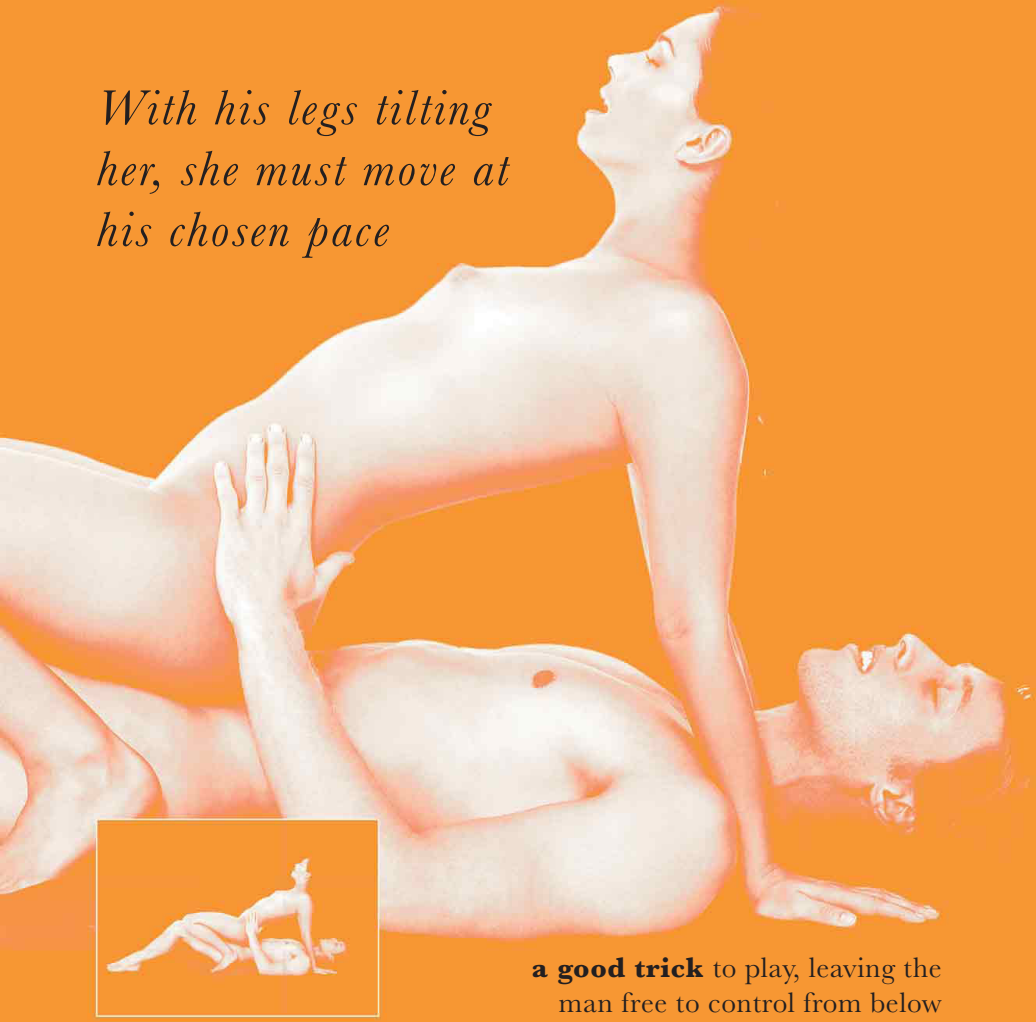
an energetic position, useful for when you just have to have each other right now

Bounce in your lover's arms, a merry burden



she can be supported
with a table if need be, but it's fun to try freestanding

With his legs tilting her, she must move at his chosen pace



a good trick to play, leaving the man free to control from below

DAY *328* KISSING THE PULSE

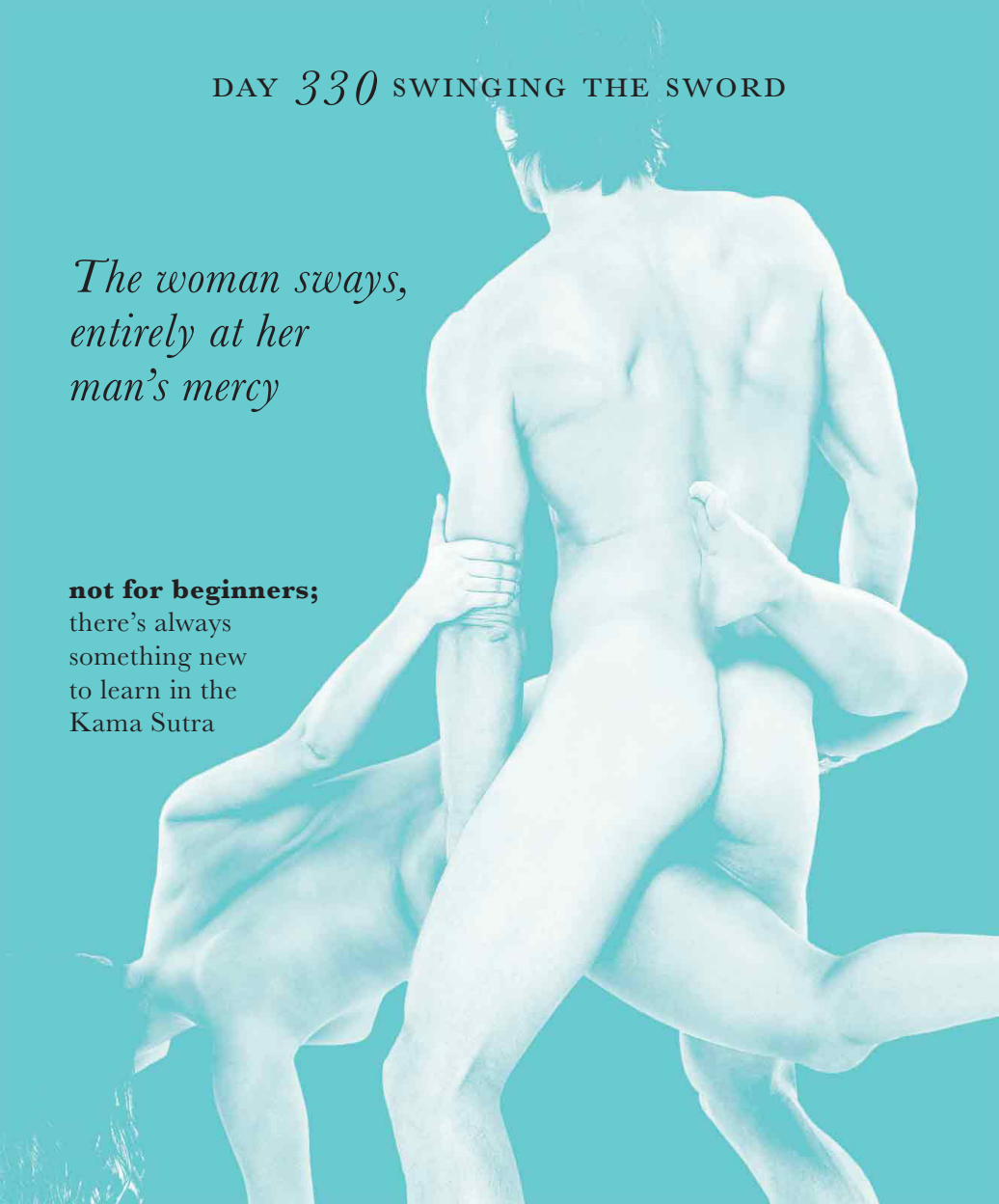
Rest your lips where her lifeblood beats

a deeply romantic
moment as you honor the
life in your beloved

DAY *329* MOSS ON A BRANCH

Cling close and let your intimacy grow

an elastic and
intimate embrace for
meditative moments



The woman sways, entirely at her man's mercy

not for beginners; there's always something new to learn in the Kama Sutra

Please her, but keep her from falling, like a true gentleman

the man shows his love by balancing his desire to caress with his pledge to keep her safe

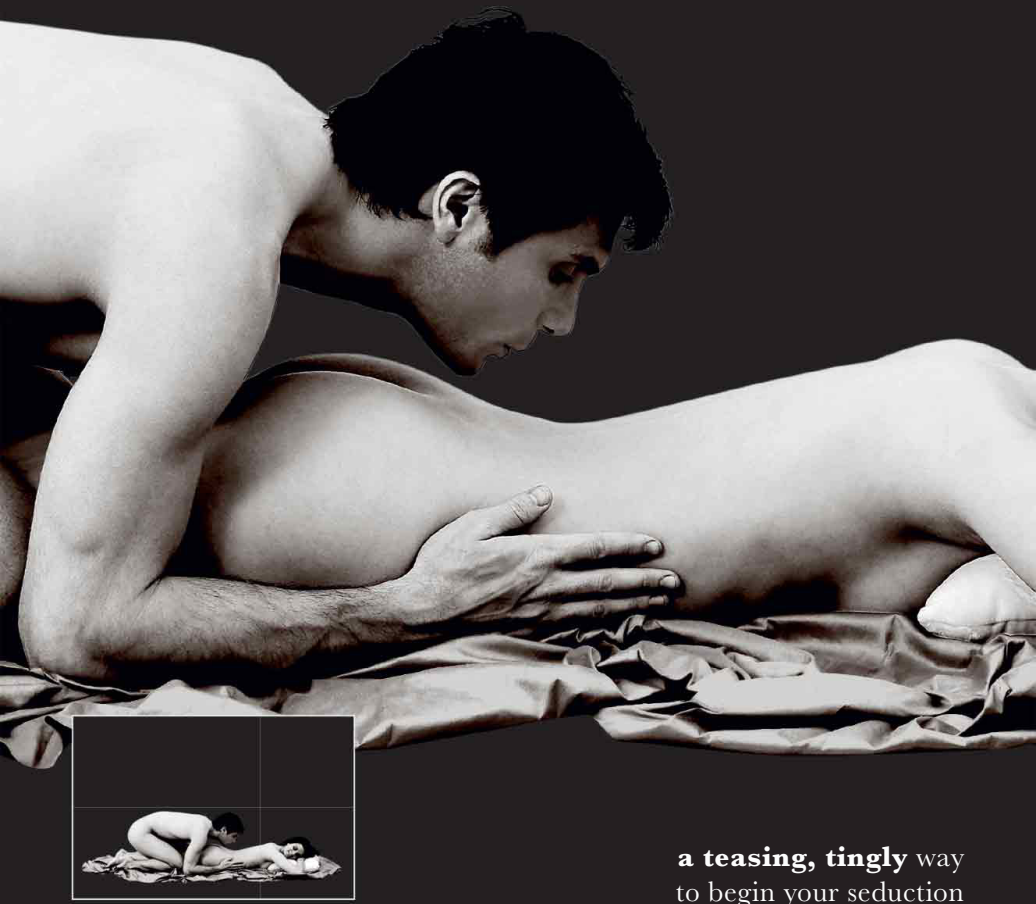
DAY *332* TWO TREES GROWING TOGETHER

Rise from the bed as one

a passionate position,
calling for the lovers to
combine their strength

DAY *333* THE SUMMONING WIND

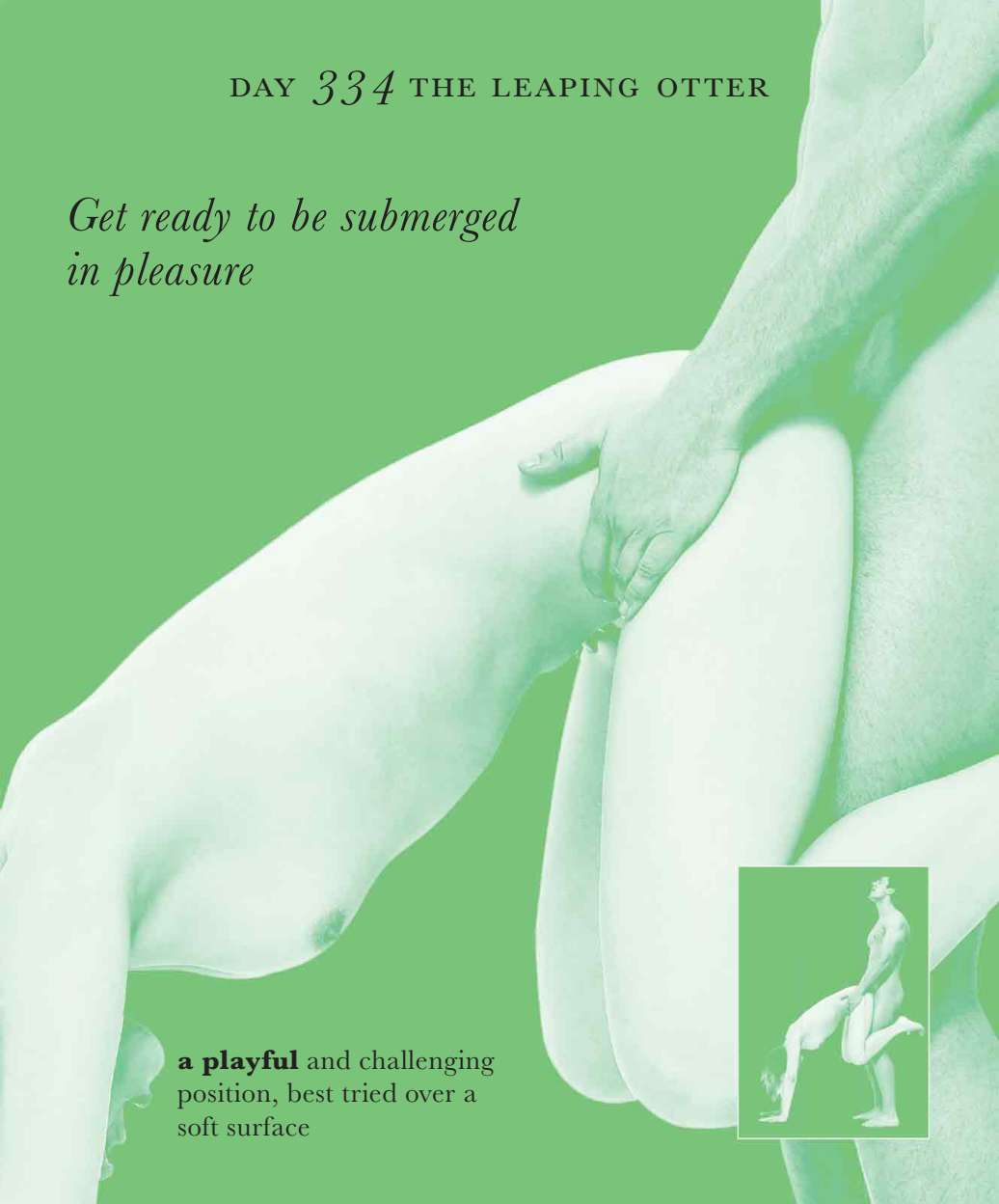
Call your beloved from rest with a playful breeze



a teasing, tingly way
to begin your seduction

DAY *334* THE LEAPING OTTER

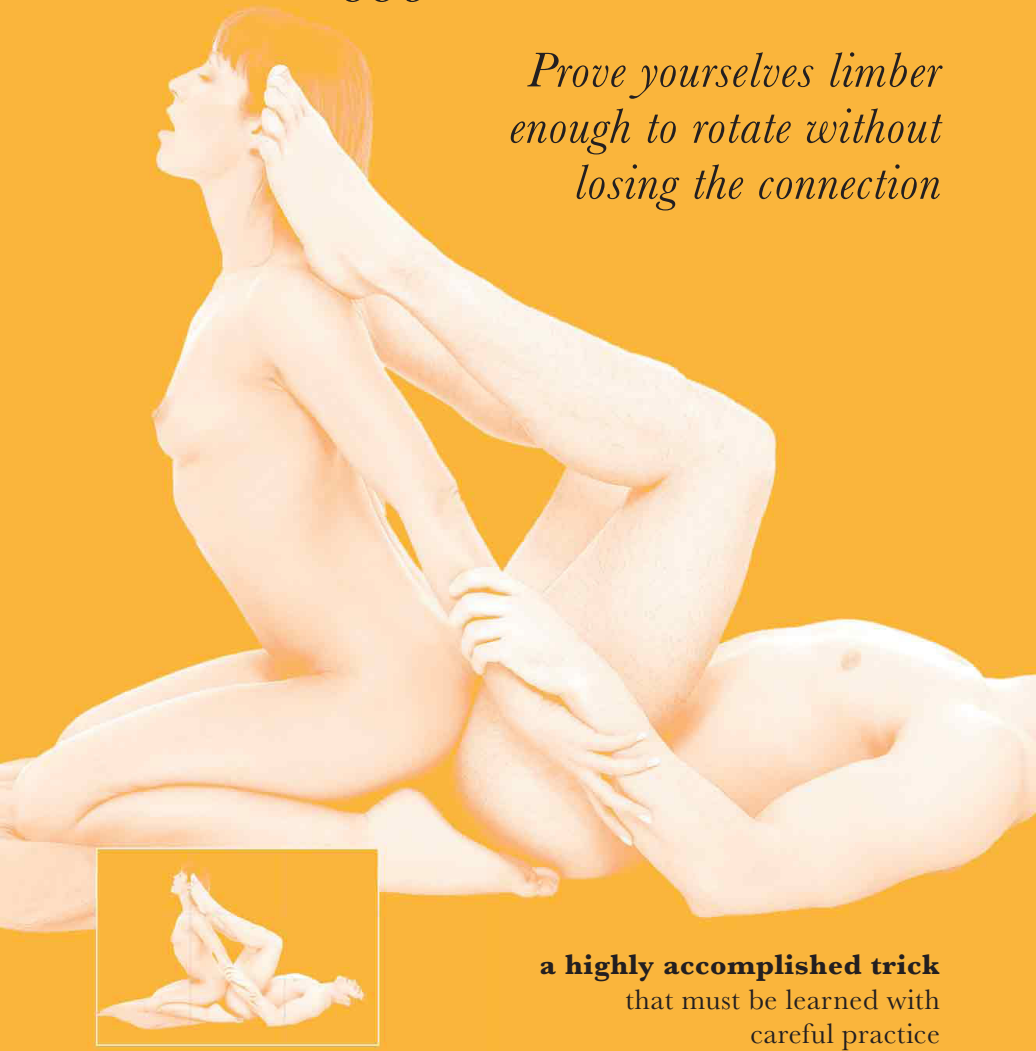
Get ready to be submerged in pleasure



a playful and challenging position, best tried over a soft surface

DAY *335* THE TURNAROUND

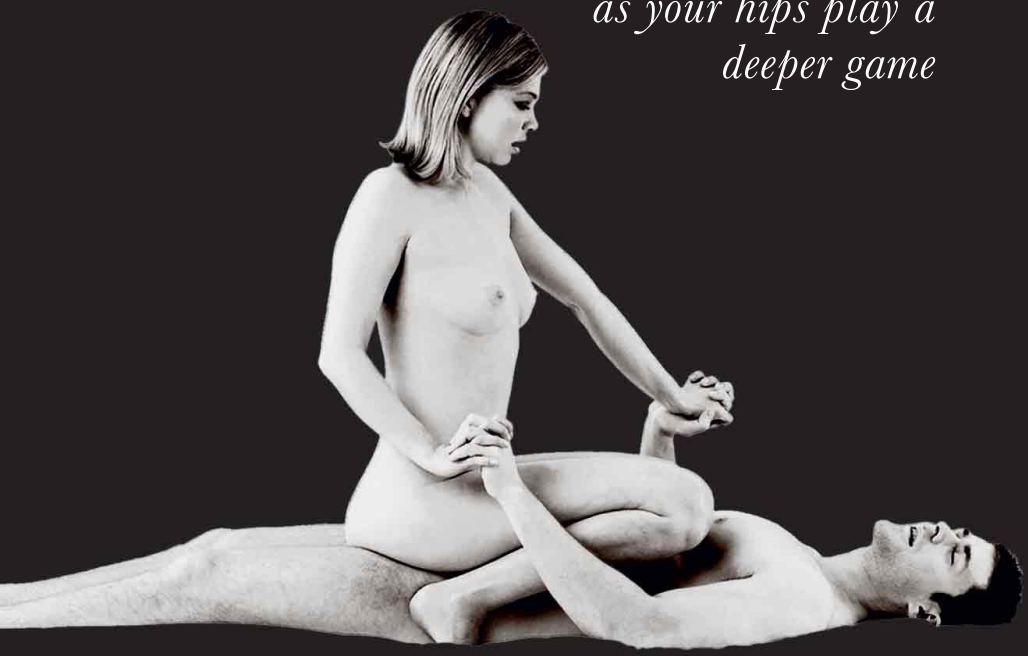
Prove yourselves limber enough to rotate without losing the connection



a highly accomplished trick that must be learned with careful practice

DAY 336 TUSSLING PALMS

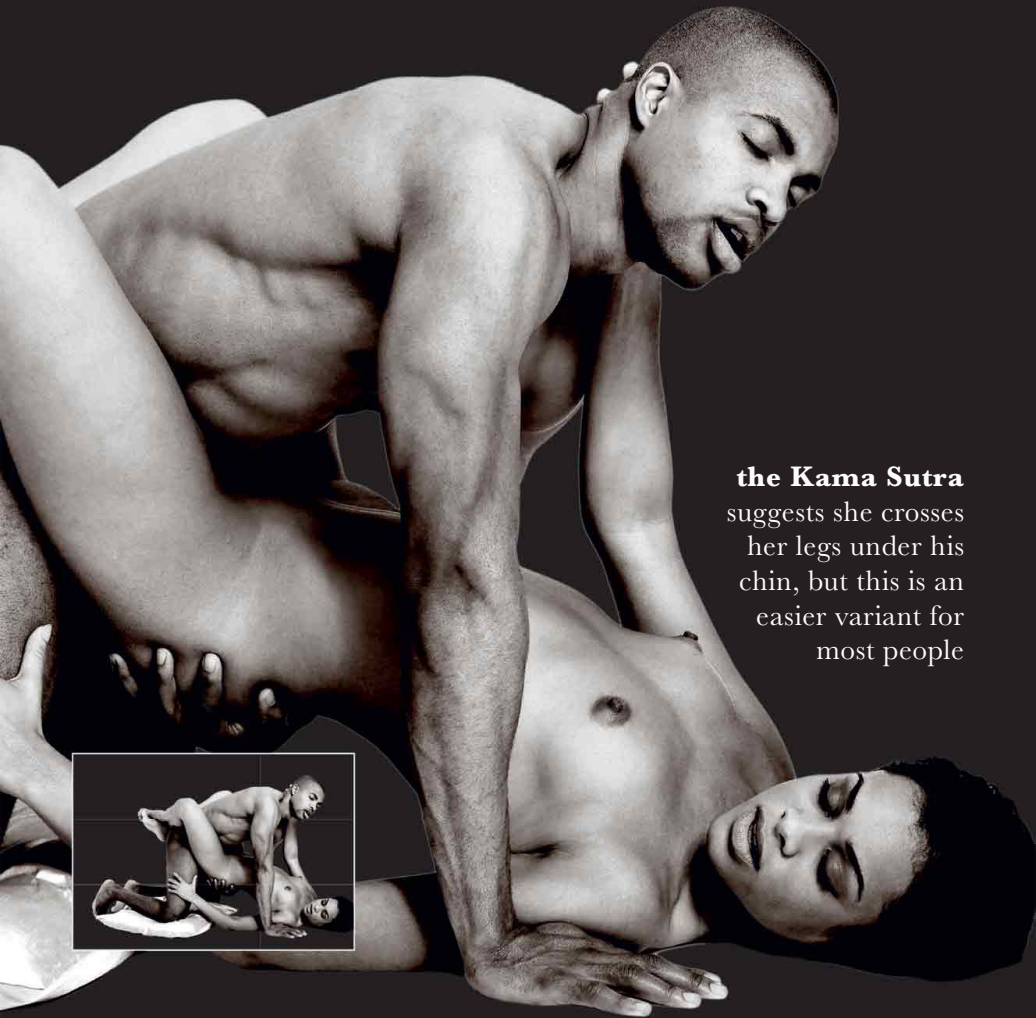
Wrestle hand-to-hand as your hips play a deeper game



add a playful contest to heighten the thrill

DAY *337* THE LOWERED LOTUS

Wind yourself in comfort around his strong flanks



the Kama Sutra suggests she crosses her legs under his chin, but this is an easier variant for most people

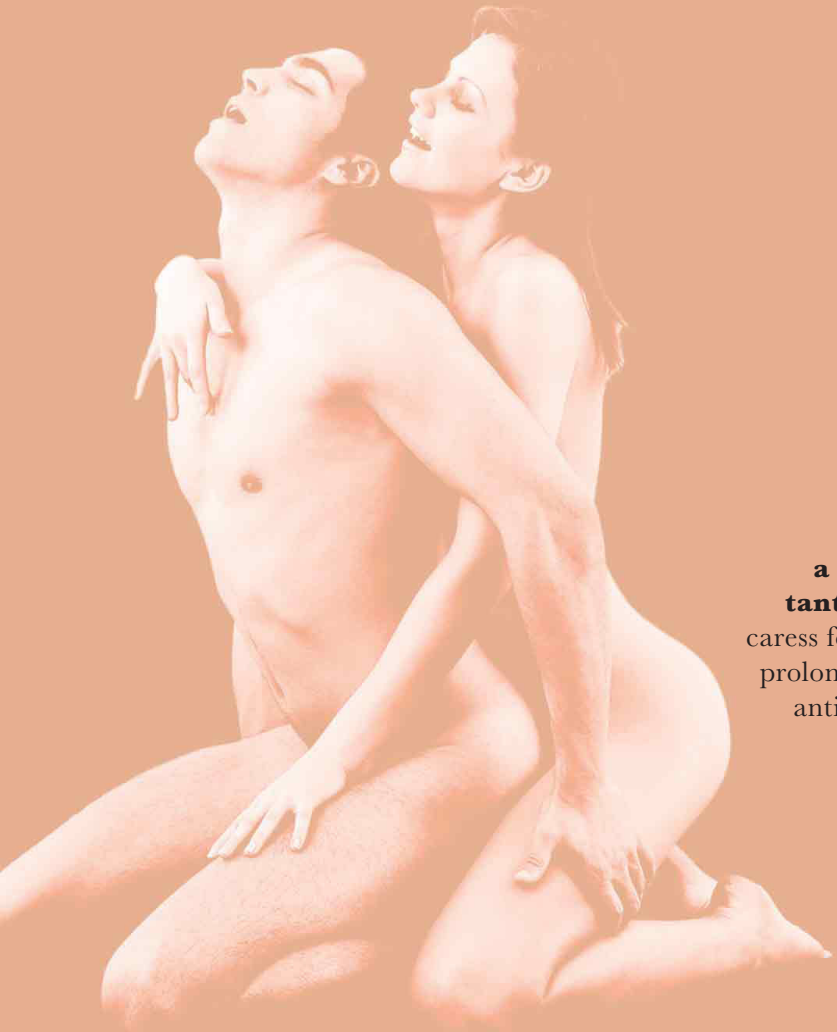
DAY *338* THE CLINGING CREEPER

Her limbs rise and fall to the rhythm of his thrusting

a slow, gentle twining, which the Ratimanjari compares to the sway of the fragrant jasmine plant

DAY *339* DRAWING THE HEARTBEAT

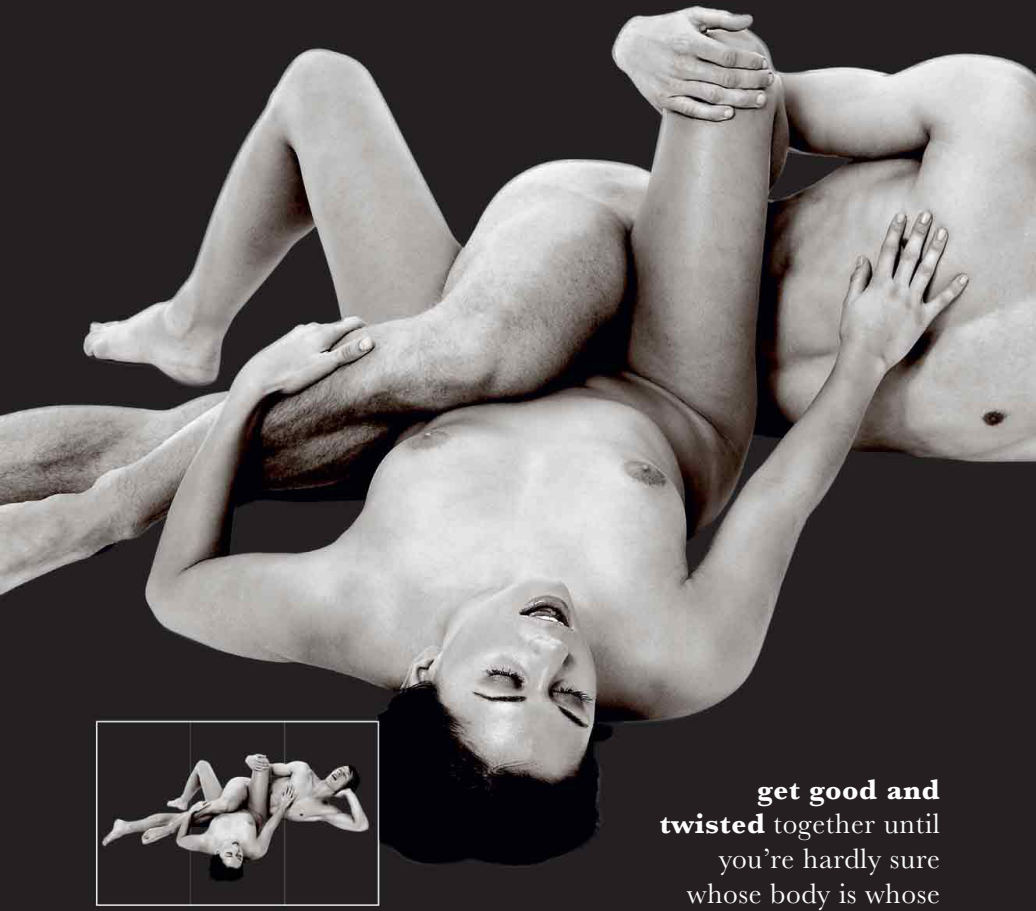
Trace a fingertip for his love to follow



a tender, tantalizing caress for lovers prolonging the anticipation

DAY *340* THE BASKET OF SCARVES

Wind your limbs in tangling confusion



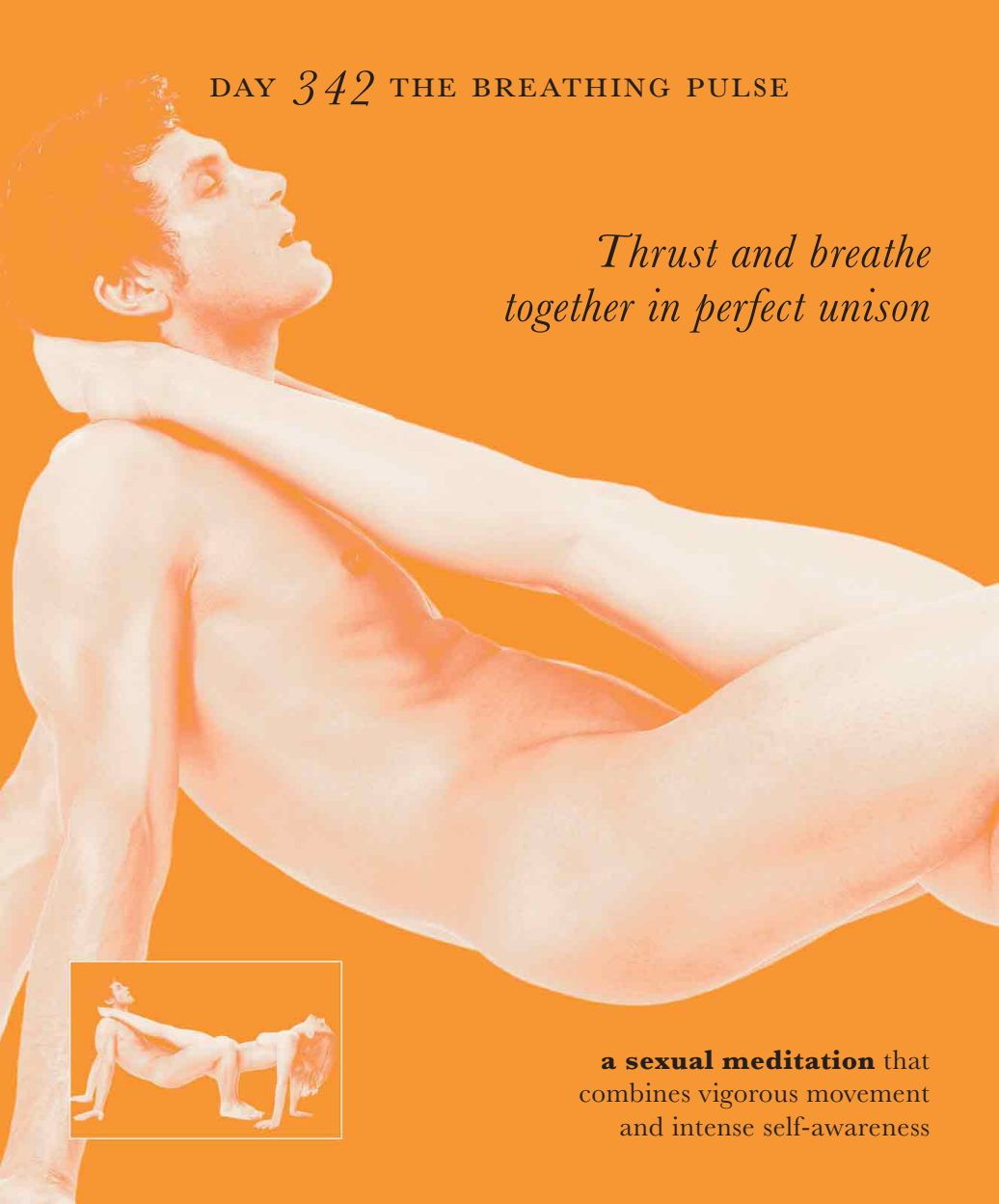
get good and twisted together until you're hardly sure whose body is whose

Sometimes the bedroom is just too far away

bending one leg all the way up helps make use of the limited space

DAY *342* THE BREATHING PULSE

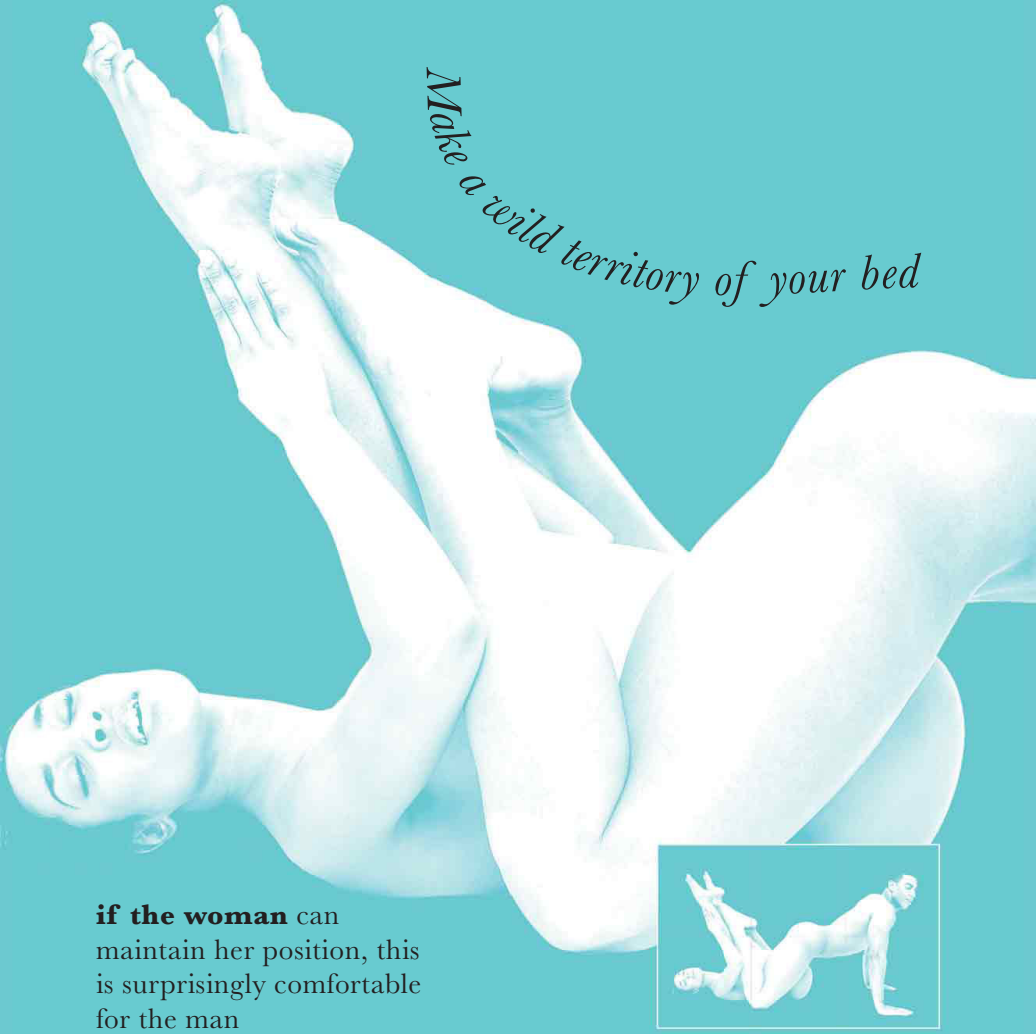
Thrust and breathe together in perfect unison



a sexual meditation that combines vigorous movement and intense self-awareness

DAY *343* THE STRIDING FOX

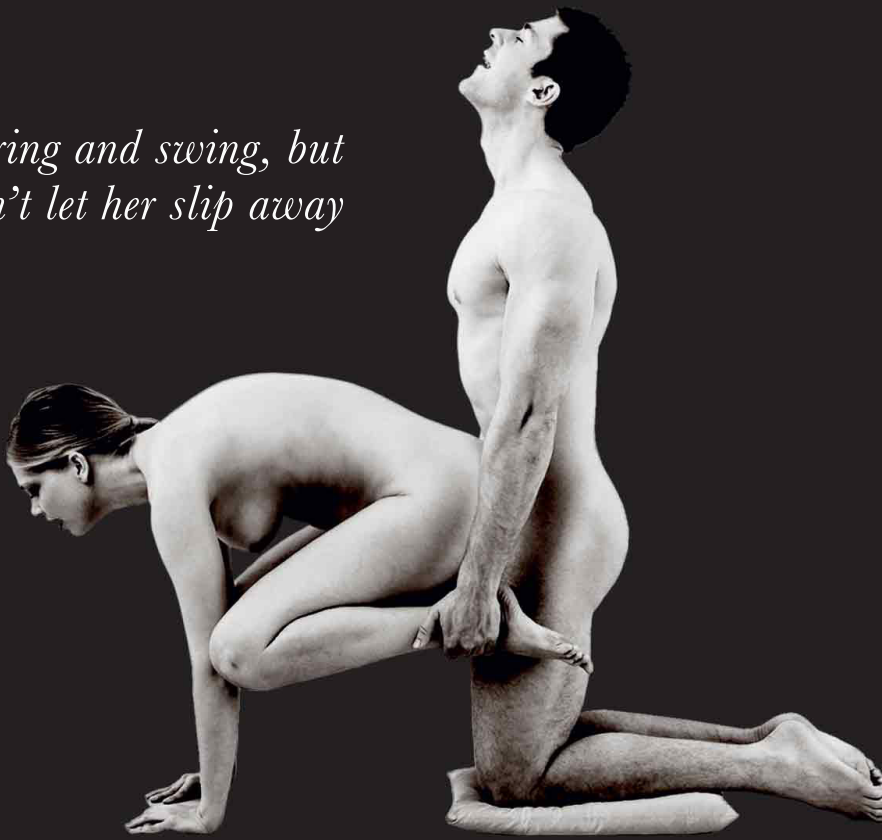
Make a wild territory of your bed



if the woman can maintain her position, this is surprisingly comfortable for the man

DAY *344* THE FROG

Spring and swing, but don't let her slip away



a gymnastic pose where the bounce is half the fun

DAY *345* THE ENCLOSED EMBRACE

Make a tight space of your tenderness

press close up against each other's naked skin

DAY *346* THE LOVER'S COUCH

Lean back on his legs for some instant delight

an intimate position in which he can give her lovely clitoris lots of attention

Let sweet-blossoming pleasure unfurl

a simple position for
the passionate couple

Meet each other in the air

a man who lifts his woman right off her feet will win her true admiration

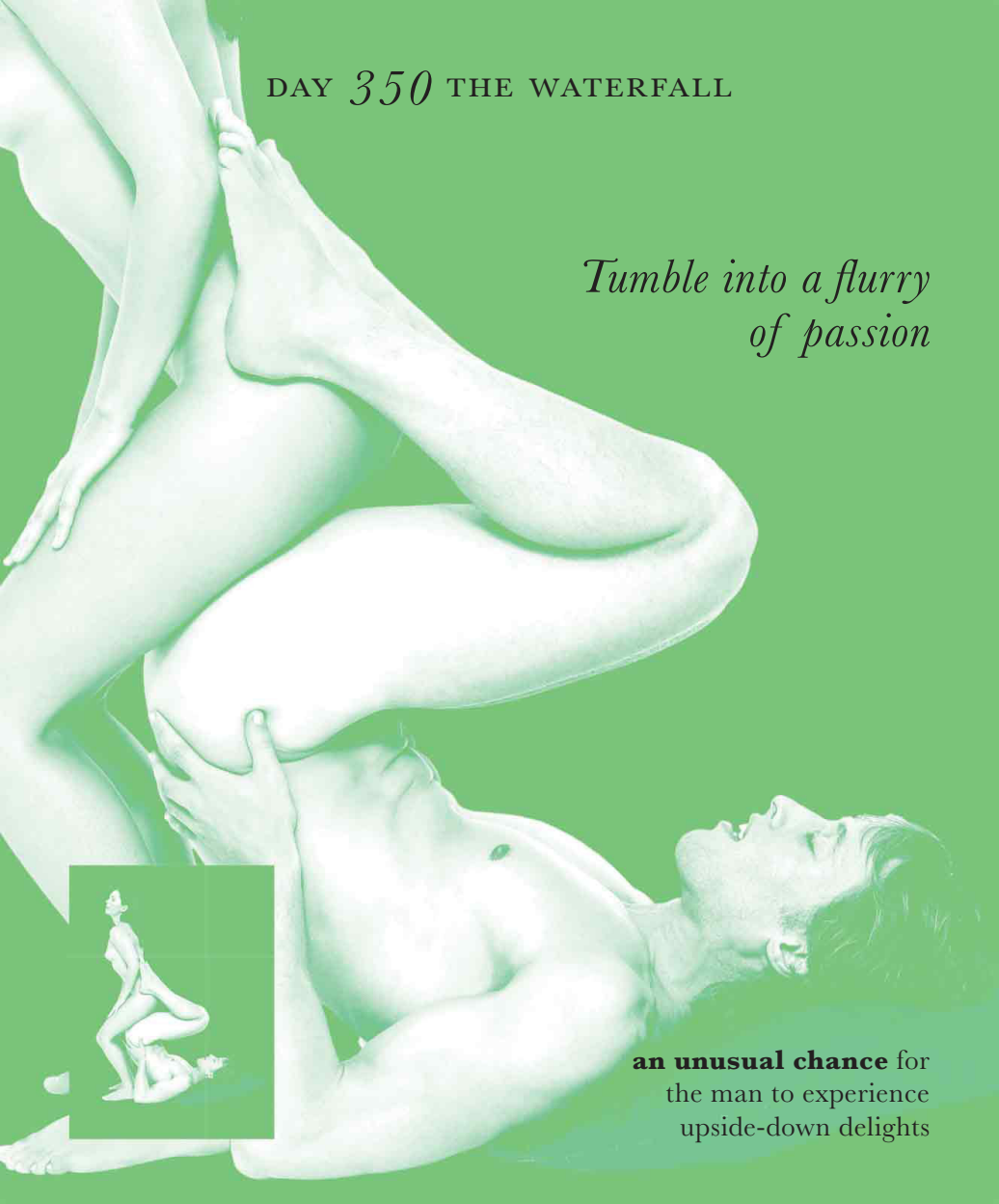
DAY *349* PLAYING THE TABLA

Drum a rhythm on your beauty with hands and hips

a gentleman should lift some of his weight off her as he pulls back for another thrust

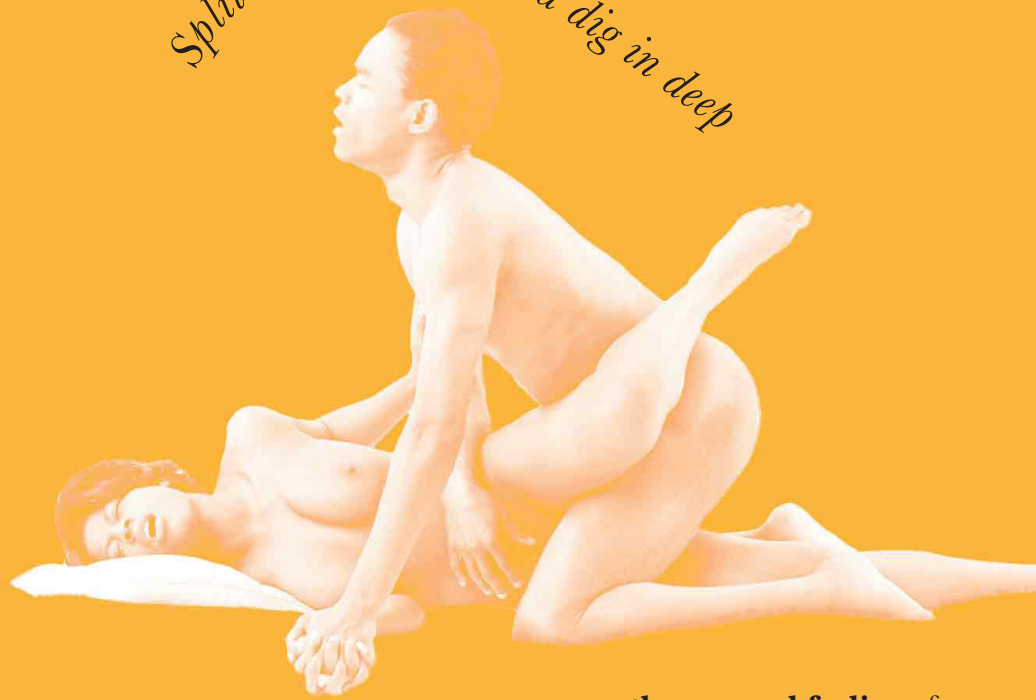
DAY *350* THE WATERFALL

Tumble into a flurry of passion



an unusual chance for the man to experience upside-down delights

Split open her legs and dig in deep

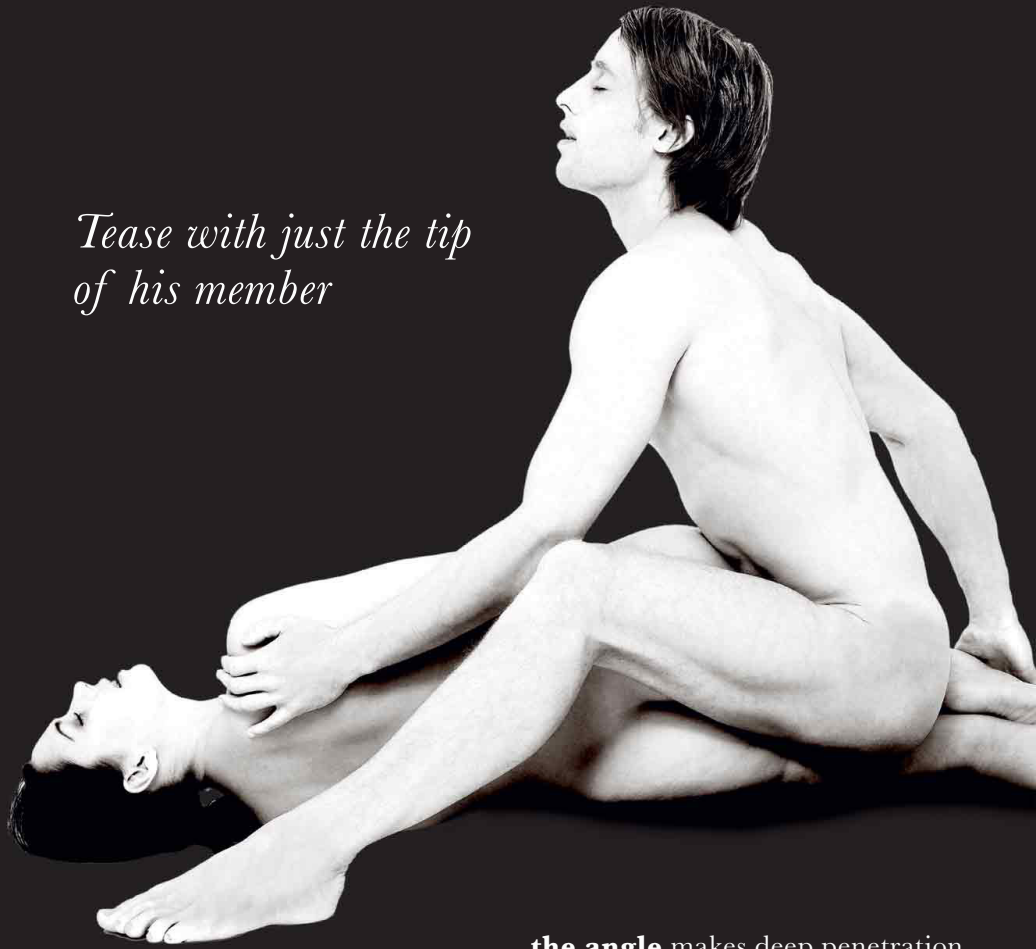


the unusual feeling of sideways entry can refresh even a familiar passion

DAY *352* THE MAN SURRENDERED

Spread and balanced, he must await his woman's pleasure

this can be done on a bed for comfort, but a stool increases his suspense



Tease with just the tip of his member

the angle makes deep penetration almost impossible, forcing the couple to partake of daintier stimulation

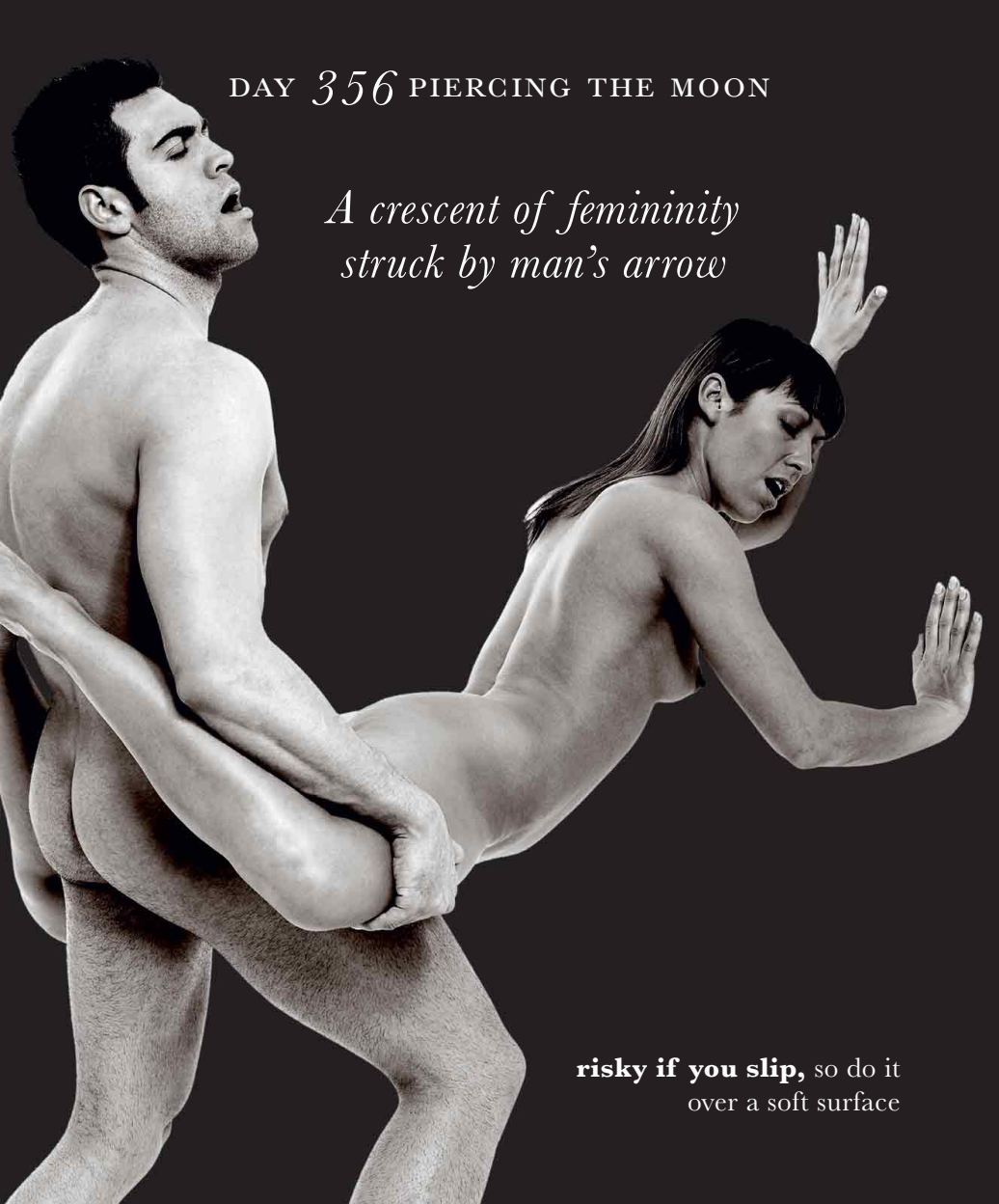
DAY *354* PRESSING THE STEM

Squeezing, squashing sensuality

particularly good for couples where he's a small fit for her, as the position tightens around him

Rise together, inextricably entwined

fit your limbs together in a perfect interlace



DAY 356 PIERCING THE MOON

A crescent of femininity struck by man's arrow

risky if you slip, so do it over a soft surface

DAY *357* THE THIGH'S OPPOSITION

Make his manhood wait for your pleasure

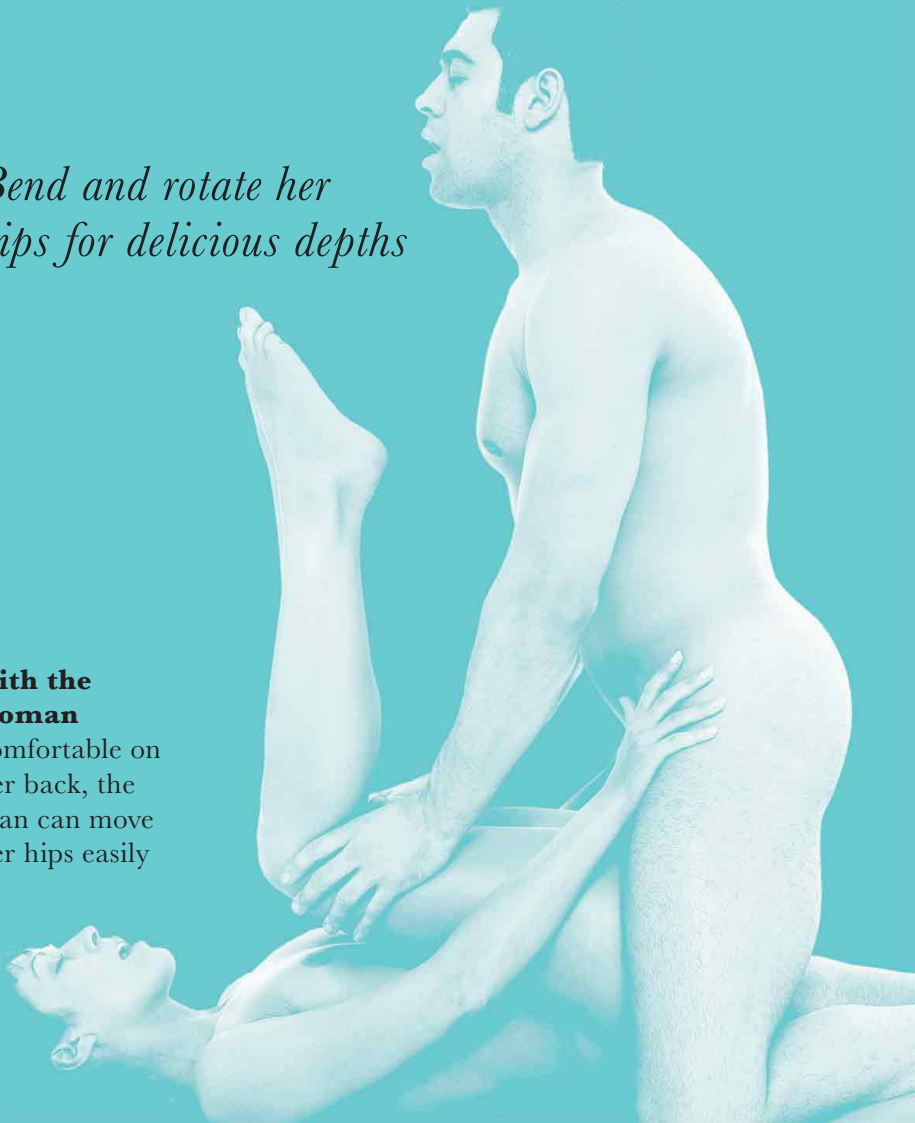
a tease for the man—she ignores his erection and rubs herself against his muscular leg

DAY *358* THE SEATED BUD

Pleasure her until her limbs uncurl

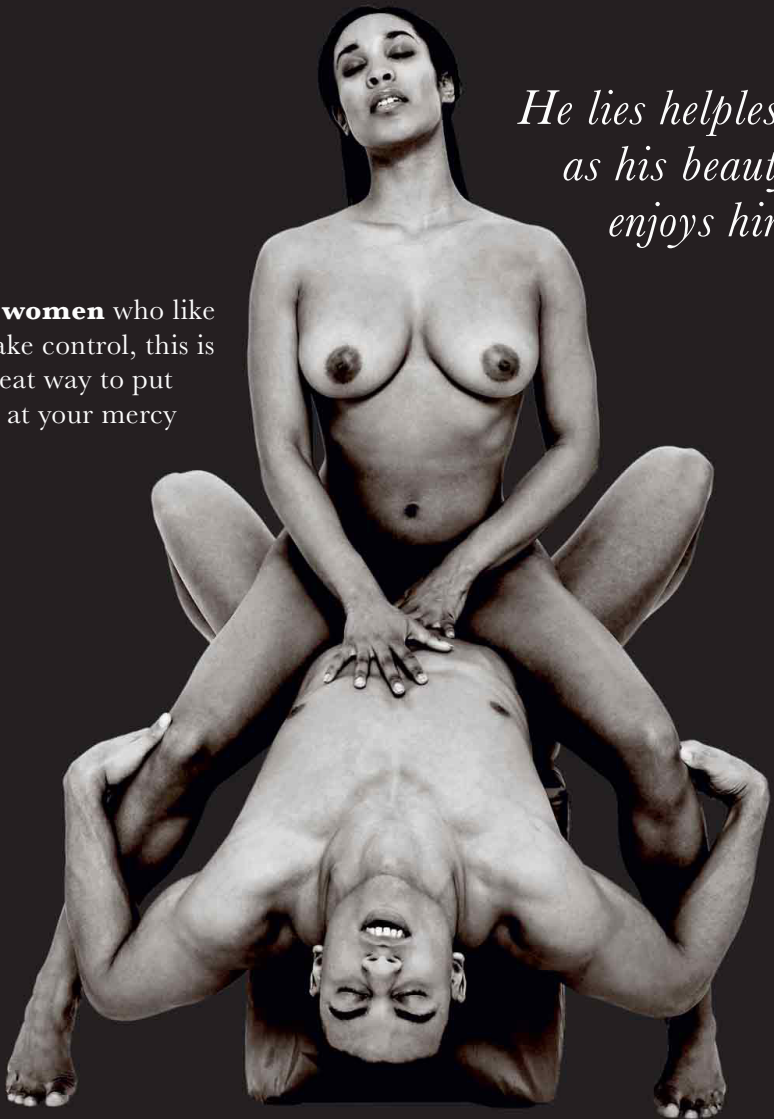
an affectionate position
for couples deeply in love

Bend and rotate her hips for delicious depths



with the woman comfortable on her back, the man can move her hips easily

DAY *360* RIDING THE FALLEN

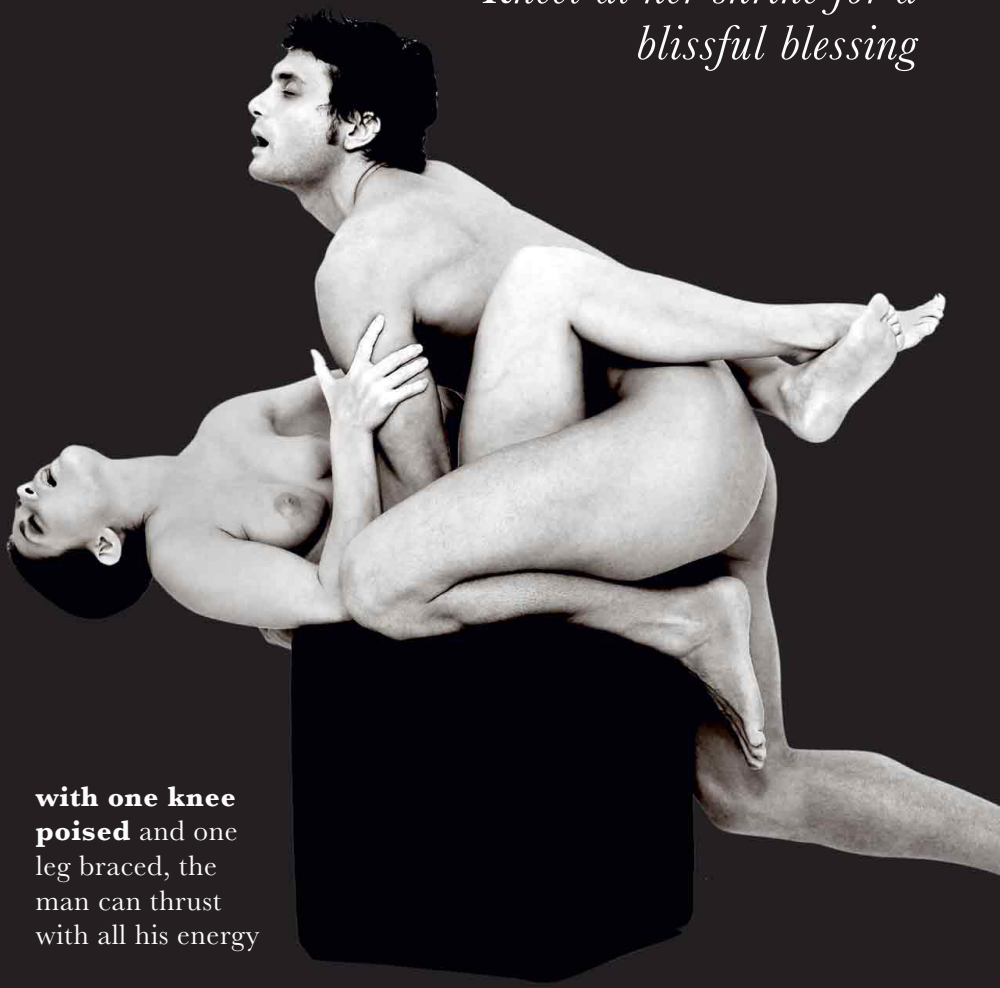


He lies helpless as his beauty enjoys him

for women who like to take control, this is a great way to put him at your mercy

DAY *361* THE HALF GENUFLECTION

Kneel at her shrine for a blissful blessing



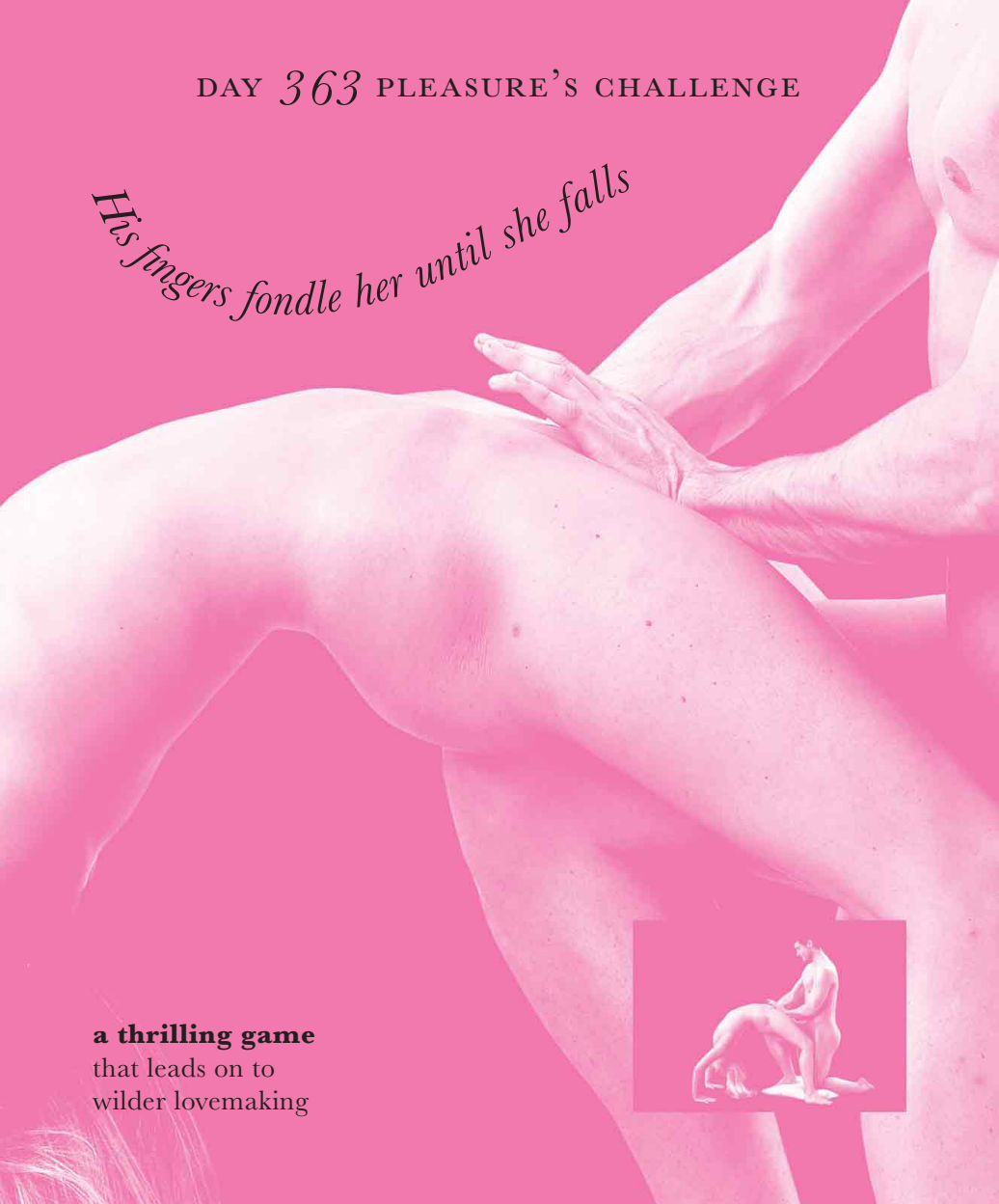
with one knee poised and one leg braced, the man can thrust with all his energy

DAY *362* HALTER OF THE PRINCESS

Hold her safe while you take your gentle pleasure

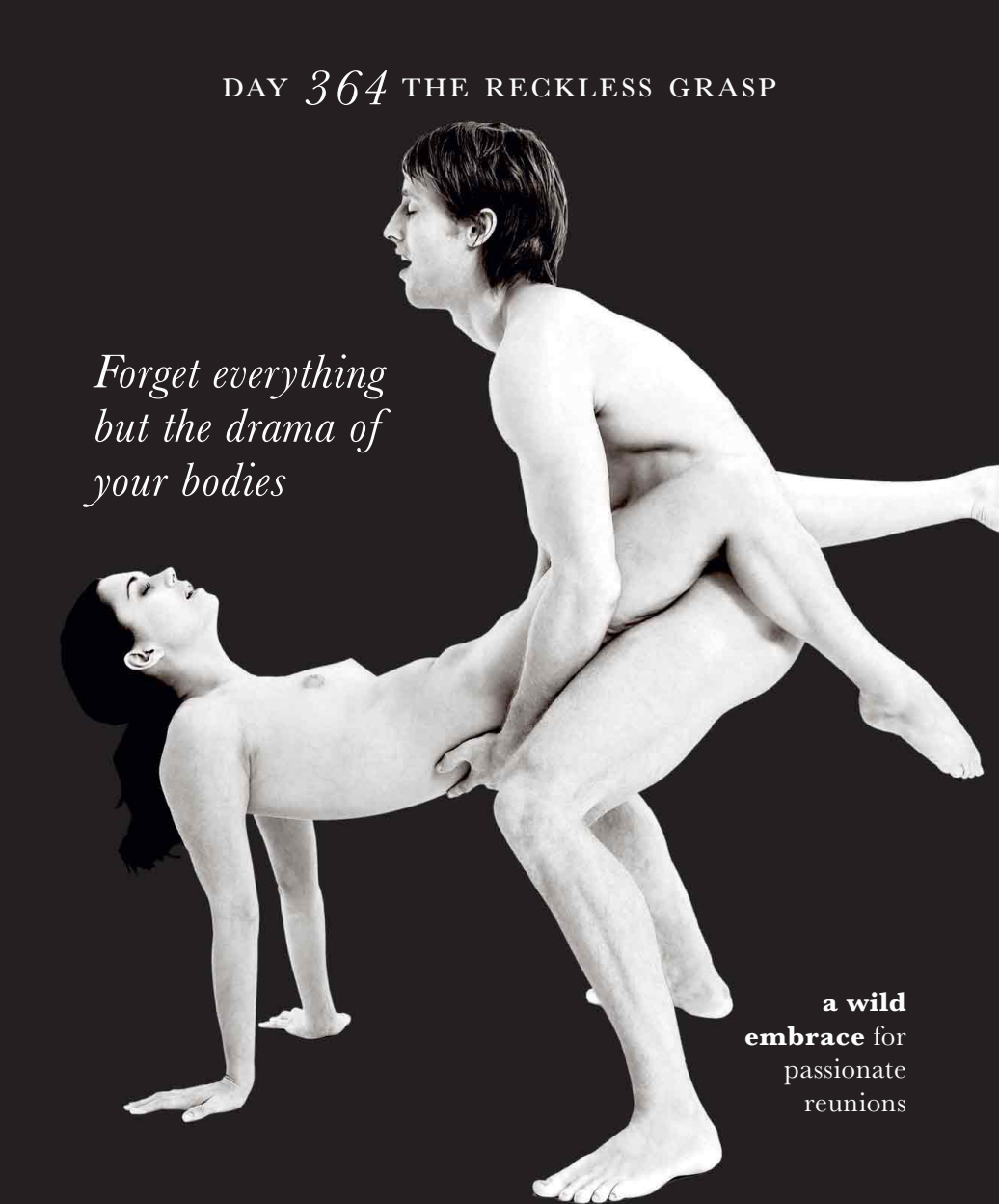
a lovely sleepy embrace for late-night intimacies

His fingers fondle her until she falls



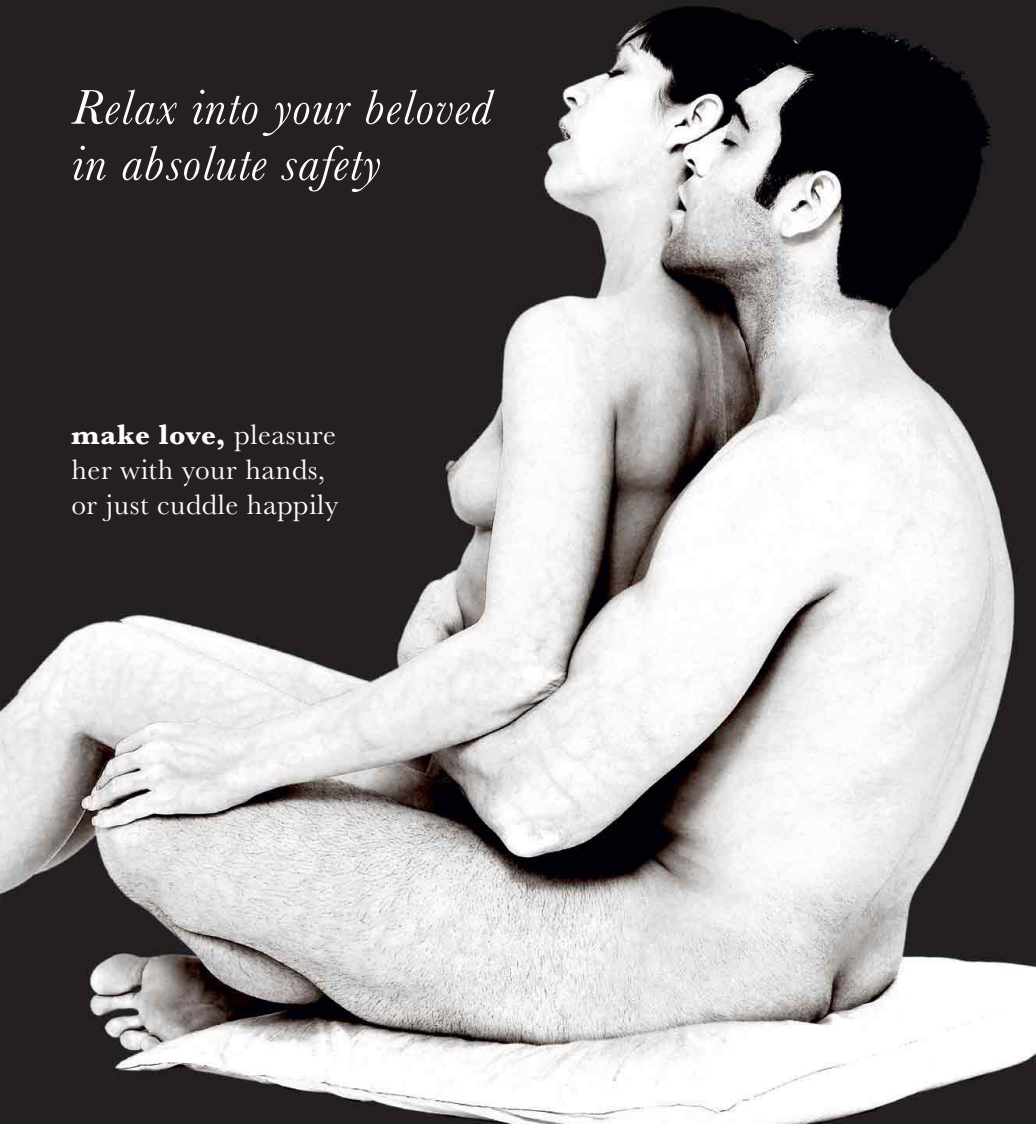
a thrilling game
that leads on to
wilder lovemaking

DAY *364* THE RECKLESS GRASP



Forget everything but the drama of your bodies

a wild embrace for passionate reunions



Relax into your beloved in absolute safety

make love, pleasure her with your hands, or just cuddle happily

Random Selectors

In the mood for...
True Tenderness

7	321	17	76	276	179	112	14	225
174	127	333	90	2	291	123	311	322
338	52	97	82	184	55	305	86	244
137	211	345	170	217	138	347	70	286
1	257	36	234	94	226	24	281	18
328	104	358	68	155	249	339	95	128
144	77	309	131	246	125	43	77	297
45	185	19	224	4	320	194	255	175

In the mood for...
Deep Abandon

205	61	40	129	250	10	117	139	245
13	272	181	337	25	229	124	80	19
302	84	232	108	359	91	253	224	360
178	221	3	275	156	218	21	238	148
351	119	67	203	50	260	187	106	92
22	243	312	62	359	113	273	248	64
258	8	122	292	180	126	60	173	310
37	247	199	172	6	146	210	9	158

In the mood for...
Playful Moments

47	207	115	317	28	246	150	286	10
340	9	270	57	241	191	85	46	336
11	226	141	357	195	15	266	81	159
251	177	35	171	99	349	78	143	296
198	88	299	5	324	206	8	223	116
307	161	20	334	182	128	363	73	308
29	58	287	132	44	353	107	269	23
190	7	200	75	216	17	293	142	242

In the mood for...
Advanced Ecstasies

33	289	209	26	325	193	63	224	215
154	135	71	354	167	51	262	134	100
259	87	348	145	83	295	120	16	271
15	323	121	5	361	212	342	318	196
352	3	192	316	188	102	223	126	350
103	96	335	133	4	326	53	303	157
228	291	169	69	310	183	265	74	230
59	220	27	152	117	13	140	256	39

In the mood for...
Peaceful Embraces

9	300	236	76	283	42	314	277	70
329	14	340	213	163	194	12	184	234
231	362	305	6	265	254	105	227	299
355	166	93	240	311	56	191	365	18
32	286	318	281	101	226	114	89	345
346	2	202	130	233	82	247	294	237
162	328	276	48	269	257	66	333	309
267	54	111	282	1	147	288	31	214

In the mood for...
Uncommon Pleasures

109	261	239	65	284	176	332	30	252
285	12	327	279	204	293	201	264	165
160	343	189	136	341	41	348	149	92
301	79	298	81	186	304	222	319	219
235	331	49	268	316	98	344	118	313
356	151	315	197	164	330	72	278	230
34	280	274	364	11	262	208	306	16
263	229	168	38	260	110	290	153	184

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