

Spicy and Fast Positions Guide

Introduction

Welcome to the Spicy and Fast Positions Guide! This is a quick look at many different positions you can use to enhance your sexual relationship, and add some spice to your relationship. If you are worried that you are languishing in stagnant sexually, let me help you out!

A few rules of thumb – be careful, first and foremost. There are some really...interesting.. positions, to say the least, and the last thing you want to do is injure yourself by forcing a position that your body just isn't comfortable with. This is sex, not a competition sport, so just relax and go with the flow.

There are a lot of reasons as to why you'd want to try out some new sex positions. The last thing you want is boredom in the bedroom, so just keep it interesting, keep it different. New positions will add a new facet of exploration into your foreplay and intercourse, and it can definitely help relax your partner after a long day at work.

If you are worried that your partner might not want to try a new position, just ease them into it a little bit at a time. Whether you add elements from these positions to your normal sexual activities, or you come up with them out of nowhere, these tips are more guidelines than rules. Have fun with it!

Sometimes it can be confusing, in a new position, exactly how to move, or it might even be hard to establish a rhythm. And you know what I say to that? Practice! Sometimes positions will work for you, sometimes they won't, but you sure won't know if you don't try, right?

A few things you'll want to keep in consideration is who is moving, how they are moving, what parts of the body are being stimulated, and whether you want to increase the focus that that position has on the body, or make it even smaller, focused on stimulating one point to amazing release. Be creative, have fun, and be adventuresome!

Use this as a way to explore your partner's, and your own, body in depth. Discover new methods of stimulation, exciting feelings, emotions, and closeness. With a willing partner and a few hours, you can even discover aspects of your partner's personality you might have never found out if not for these playful practices.

Each set of positions is separated by its most basic concept. This makes it easy to look over the main position, then the variations that each position adds to make it even more exciting.