

PASSIONATE POSITIONS

ADVANCED SEX
POSITIONS FOR WILD
LOVEMAKING AND
INTENSE ORGASMIC
PLEASURE

 **GABRIELLE
MOORE**
Better Sex. Better Life.

STUDENT 
HANDBOOK

GABRIELLE MOORE'S
NAKED



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Introduction

Sex should be sexy, passionate, sweaty, and hot. It should feel intense, like you're letting your unbridled passion loose. Unfortunately it does not always happen this way even if we want it to. Between boring bills, screaming kids, never ending work, and tedious chores, you may find yourself in a rut. But you don't have to whip out the nurse costumes and fur handcuffs just to spice up your sex life. All you need is a little repositioning.

While the standard positions--missionary, doggie style, reverse cowgirl--are all fun, even they can become monotonous in the course of a long term relationship. Plus I'm guessing when you're about to get it on with your lady, you head straight for the bed. But you can spice up your sex life by taking your sexual encounters outside of the bedroom. Who needs Paris when you have your kitchen table? Mixing things up will undoubtedly add a spontaneous and exciting new element to your long-term relationship, increasing lusty wild passion. This book will make you rethink all the possibilities out there when it comes to positions. As long as you have a willing partner and an open mind, the options are practically endless.

Before you begin, make sure you start off with some foreplay. Seduction is key in getting warmed up for sexual activity. Whisk your loved one away from everyday doldrums and get her in the mood for sex. Turn down the lights. Slowly undress each other or conversely pounce on your partner with wild desire ripping her clothes off. Whisper dirty thoughts to her. Linger over her body really savoring every part of it.





TECHNIQUE ONE: OUTSIDE THE BEDROOM

One of the easiest ways to get creative with your sex life is to take it outside of the bedroom. The excitement of being somewhere other than your boudoir will automatically make both of you more enthusiastic.

The Kitchen Table Boogie

Have her sit on the edge of the kitchen table pulling up her knees so that her feet are flat on the table and her butt is to the edge or hanging over a bit. Stand in front of her so that your genitals are in line with hers. If she's too high up stand on a sturdy stool or book. While she's holding on to your shoulders, grab her bum and start thrusting. You'll find that penetration can be quite deep in this position. For an added variation, she can even wrap her legs around you or raise them up to your shoulders.

For extra credit, have her rest her palms on the table while you lift up her butt as her legs wrap around your shoulders. She'll feel like she's flying! She'll have to do a little bit of work but it will be well worth it.

If she gets tired of sitting, she can lean back so that she's lying on the table. This is a super easy position to get into and one that will provide your eyes with a visual feast. She lies down on the kitchen table and you pull her legs up to your shoulders. Provided your genitals match up this should add up for a whole lot of fun. You will never look at the kitchen table the same again. And since you're in the kitchen make use of what's around you. Break out the whipped cream, honey, or ice for a delectable evening.

The Door

If you've always wanted to have sex standing up, this is an ideal way to do it. For an alternative to leaning against a wall, squat with your back against one side of a doorway (with the door open) and thighs parallel to the floor. Have her spread her luscious legs so that she has one on each side of yours lowering herself onto your penis. Lean forward and put your hands on the opposite door frame for leverage. Push against the door frame thrusting back and forth. You can swivel your hips or side to side mixing up the normal moves. As an added bonus, tell her to wear her heels. The mere sight of her stark naked with just her high heels will drive you both wild.

If you want to try this doggy-style that's an option too. She places her legs between your thighs and brings her knees together for increased friction. In this position, she can easily play with your testicles and

"Break out the whipped cream, honey, or ice for a delectable evening."



perineum while you can lean forward touching her breasts and clitoris. She can easily change the angle by bending or straightening her knees.

The Cupid's Kneel

Have her kneel on the floor in front of an ottoman. Leaning forward, she should put her stomach flat against it with her palms on the floor. Push her right leg between her right thigh causing her to move her thigh up too. From here you can massage her neck or head. She should now bend forward holding onto your penis and teasing it on her vulva before putting it inside. To get even deeper penetration, lift her leg up and rest it on your bended knee.

If she can handle it, she can straighten her legs forming a sort of downward dog as you're thrusting into her. She can also lift her legs up so that just her hands are on the ground so you are in a "wheelbarrow" position. And if she's super flexible she can actually kneel while cross-legged. This position will create an extra tight fit for your penis.

Stairmaster: Against the Wall

Normally when you're thinking of having sex on the stairs, you're thinking doggy style. And that's fun too. She can easily lean forward while you penetrate her on the stairs. If there's a big height difference between the two of you this is a great position to try. But even if there isn't, it's still pretty hot. She stands on the staircase either at the bottom or one or two steps up depending on your height. You face her so that both of your genitals are the same level. She raises her leg so that it's resting on the banister. As she holds on to your shoulders, enter her. This angle will not only make for a tighter fit but deep penetration. She can also bend her outstretched leg giving her extra leverage. You'll never look at the stairs the same way again.



The Backwards Bow

Your partner needs to supple and be flexible for this one, so if she isn't, she might want to start practicing, it will be well worth it! Sit on the couch and have her sit on your lap tucking her feet into the crease where the back and seat connect so she is weighted down. After she lowers herself on you, grab each other's arms for support. Now she can lean back until she's lying on your thighs. All she has to do is slightly straighten and bend her knees to create a thrusting motion. You can help her out by using your arms to create more leverage. You get to see her spread out in all her glory in this position. What could be better than that?

If you want to take it to the next level, try the same position with you sitting on a chair. This time you grab her hips and lean back slightly to maintain your balance. Now she bends all the way back towards the floor until her palms are touching



the floor. Your penis will be pressed down in this position, which will likely be a new sensation for you. You may even climax faster than normal.

And for one last variation, you can even try this standing! Just be careful not to thrust so hard you bang her head into the floor.

The Washing Machine

You've always wanted to try this one haven't you? First off, turn on the washing machine to a warm cycle. The vibrations (and the heat) will feel fantastic for your partner, and watching her get off will excite you too. She sits on top of the washing machine, legs hanging over the side leaning her arms back. You face her, grabbing her legs, and enter her. She can grab your bum and pull you closer and aid in thrusting. You can lean forward pressing your legs into the machine to experience some of those vibes as well. For a variation you can grab her legs and pull them up to a V. To amp up the sexual tension, hold her legs open while manually or orally stimulating her before you go in for the gold. Try teasing her at first allowing her to experience the vibrations, your hands, and tongue and brushing your penis against her before entering.



Flooring It

This time you kneel (using a towel or cushion to protect your knees if need be) resting your calves on the floor, (in other words not a standing kneel). She can now lower onto your erect member with her back towards you while kneeling or squatting. She can go to town thrusting up and down while you reach forward to play with her clitoris. Rest one arm back for extra support.

This also works if you're sitting on a chair and she lowers herself on top of you. She can make this extra sexy by performing a little striptease for you as you're sitting on the chair. She can then straddle her legs on either side of you and lower down. Tightening her vaginal muscles (this is were those Kegels workouts come in handy!). On this position, she can control the rate of thrusting.

You can also do this facing forward, though you won't be able to manually stimulate her as you would in the original position. If she's facing forward, she puts her legs on either side of you, tightly holding onto you and tucking her feet underneath of you.

Clutching each other's arms for leverage, the two of you can rock back and forth. Make sure to keep your knees tightly squeezed together to maintain the friction.

Both of these variations allow you to feel equal with neither partner really taking control, which can be quite nice. If either of you is feeling strained, put some pillows behind you.

The Happy Baby

This is an extremely sexy and passionate position and a great variation on missionary. She bends her knees and rests her ankles on your shoulders with her thighs resting on her chest. This will shorten and tighten her vagina so this is a great position for smaller penises. Your partner can also raise her butt on pillows, giving both of you a deeper sensation. You can even bend down and lick her clitoris before entering her. Though this is a very sexy position it is also very intimate, allowing you to gaze into each other's eyes.

The Climber: Leg Up in the Shower

In this position, both of you stand very close keeping your bodies pressed tightly together. She places one hand around your neck and the other on your arm. She lifts one leg up and sits on the ledge of edge of the tub as though she were shaving. She can arch back a bit to give you a view of her breasts, while you can trace her body with your finger. You can also try this outside of the shower with her simply wrapping one leg around you. There isn't a lot of room



for serious thrusting as you might lose your balance but it still a very sex move. When you're finished you can lather each other off for an equally erotic finish.

Show Him Your Stuff

Fill the tub with just a couple of inches of water, then turn on the shower and let it run delicately. She should lie on her side, propped up on her lower arm, bending her knees if need be. She needs to lift her top leg, then have you straddle her other leg. When you've entered her, she can rest her lifted leg on your shoulder as you clutch her raised thigh for leverage.

With a detachable showerhead she can also use it to stimulate genitals and splash herself with water. This position easily lends itself to turning over doggy style and playing with the faucet water with you pounding her from behind.



TECHNIQUE TWO: TWISTS ON THE CLASSICS

You don't have to get rid of the old-standbys altogether. A classic position can be comforting; like macaroni and cheese. But that does not mean you can't spice it up with a little chipotle. Here are some new takes on old moves.

Doggy Style with a Leg Wrap

Because of its deep penetration, doggy style helps both you and her come very quickly. To prevent from coming too fast, don't forget to use shallow thrusts and go slowly at first. Instead of doing this totally on the bed, have her lie face down at the edge with her hips and legs off the bed. Stand behind her and allow her to wrap her legs around your hips.

To increase her thrusting intensity, wrap a scarf around her hips and hold onto it with both hands. You can use this to enhance momentum. Now thrust in and out having her support herself with her elbow for even more intense penetration.

Missionary with extra friction

Normally the man is in between the woman's legs for missionary position. But in this twist, she puts her legs in between yours. Now lean your body forward so your penis is rubbing against her clit. This will stimulate her in all new ways! Not only does your partner get to enjoy penetration, she can also get off with clitoral stimulation. It's like two for the price of one.

The Anti-Gravity Pose: Missionary with a Yoga Move

Once again yoga proves to be pretty handy when it comes to exploring new positions. The good news is she does not have to be very flexible for this one. While your partner is on her back, she should bend her knees with her thighs lying on her chest and the bottoms of her feet facing the ceiling. Grabbing behind the bottoms of her pretty little feet, you can pull her legs back towards her armpits for added stability.

Now it's up to you to go for the gold. Unlike regular missionary, this position offers deep penetration. You should take care when entering her as the vagina is constricted and the sensation can be very intense. She needs to be vocal in telling you how far it's OK to thrust. If you're going too hard, she can always press your chest with her feet to signal that you should slow down. This is also an awesome position for you to alternate stroke lengths, withdrawing briefly before going back in.



To switch up the rhythm, your lady can move her hips from side to side while you hold her knees. You can also massage the soles of her feet with your thumbs as you're going at it.

If she's flexible, have her raise her legs straight so that they are resting on your shoulders. You'll get even deeper penetration in this variation. She holds onto your hips while you hold onto her ankles or thighs. You should move extra gently to start with this in position. Also try circular motions as well, it can feel amazing!

The Eye Contact

Forget Dirty Dancing; this is far, far sexier.

Have her lie on the floor or an alternate even surface face up, with her legs bent under her thighs and her arms raised straight once again over her head. As for you, lie on top of her up close and personal, your legs straight and your hands grasping either her shoulders or her sides. When you've tweaked the stance so it's agreeable for you both, you can enter her with wide, roundabout movements or thrusting; whichever best suits your saucy disposition.

The Let Loose

Start by having your partner lie on at the foot end of the bed (or couch). Mount her regular old missionary style and when you are both near peak, inch around the edge of the bed until her head, shoulders, and arms hang backwards over the side.

At that point continue thrusting until you both explode. She will absolutely love this position! The blood will rush to her head increasing her chances of having an orgasm and



sending tingly sensations from head to toes. Just be careful to make sure she doesn't get too lightheaded. Since her head is lying over the bed, she won't be able to see what's going on, adding to her erotic pleasure.

The Feline

The feline will allow for solid clitoral excitement and will definitely help your female partner to climax. The Feline is much the same as missionary with the exception that your body is higher up and to one side. As opposed to being chest to chest, your chest is close to her shoulders. Have her bend her legs about 45 degrees to tilt her hips up. This causes the base of your penis to maintain constant contact with her clitoris. Ask her to straighten her legs and push your pelvis down a couple of inches while she pushes up. This will feel great for both of you and is a proven climax enhancer for the ladies.

Sky High

Pick a steady surface, a solid headboard or the side of a tub on the off chance that you have a roomy washroom. Have her lie on her back and raise her arms overhead, so her palms rest even on the surface, with her head a few inches from the tub or the headboard; it's as though she is striving for the sexual stars. When you enter her missionary style, she should bring her legs as close as possible. With her thighs pressed hard, your penis will rub against her internal lips and labia each time you push. Holding herself against the headboard, rather than thrusting along with you will create an even more intense friction. Add in the closed thighs, and the fact that she can't move, will create deeper penetration and a super sexy tease for you. She's subtly resisting while you're thrusting. It's a subtle eroticism.

The Pinwheel

The two of you lie on your sides facing the same way. First your partner lowers her groin onto yours, wrapping her legs around either side of your middle. Her arms ought to be extended behind supporting



her weight. You then encircle her waist with your legs and hold onto your upper thighs and thrusting gently. All side-by-side positions can be super intimate, but this one is perfect for shallow penetrations. If you're on the larger side, or perhaps she is sore, this is a good one to try. Even if you don't have that problem, this can be a great way to tease her into a more raunchy position.

The Pretzel

Kneel and straddle her left leg while she's lying on her left side. From here, she should bend her right leg around the right half of your waist giving you full access to her vagina. This position is an update from missionary on the grounds that this sets you up for deeper entrance and permits you to go more slowly than ever before.



This setup provides access to her clitoris for manual excitement.

Have a go at withdrawing your penis and, while holding your member with your left hand, rub the head against her clitoris. Begin delicate and moderate, then as you build speed and weight, reinsert once you've brought her to the edge of climax. Though you can't go very hard, this is a nice pose to share eye contact and you're both in the exact same stance. It's a romantic stance for sure!

The Swirl

One of the most commonly utilized positions within the world, the swirl is a particularly personal position taking into account eye to eye contact. You'll like it because you can control the depth of penetration and rate of thrusting. She delights in feeling your weight on her body and face to face contact. Note that this position can make it more troublesome to hold off on climaxing due to the serious grinding and thrusting.

Have her lie on the floor on her back with some pillows underneath her bum. She should keep her knees half bent with her legs spread open and arms above her head or holding onto your side. Now you enter her at a higher angle than normal. Don't worry the pillows will help. Place your hands on either side of the floor beside her head. Now start moving your hips in a swirling or figure 8 motion so that she can feel your entire penis. This will excite her vagina and allow your pubic bone to rub against her clitoris. The swirl is a simple, sensual position to ease into before heading to the main entree.

Woman on Top

Who does not love woman on top? She has all the control and is able to grind and sway her hips from side to side. You get a super sexy view and she gets to control the pace.

On this variation, bend your knees with the bottoms of your feet resting on the mattress. She gets on top putting one leg on the outside of your thigh and the other one between your legs. This allows her to rub her clitoris against your pubic bone for extra arousal.

Leaning back increases the squeeze on your member and allows your penis to be stimulated from a different angle. You can assist her by holding onto her waist as she grabs onto your arms. You can also use your hands to play with her breasts or flick her nipples.



Reverse Cowgirl Take 2

Similar to the position above, this position requires you to bend your knees. As I'm sure you know, reverse cowgirl is when she's on top facing away from you. Normally your legs would be straight but in this version they would be bent as she straddles your penis with bent legs on either side of your waist. As an added bonus she can play with your balls and perineum. She can also lean back and grasp your shoulders. Clamping her knees together will allow her to squeeze your penis and make it that much tighter. You can also help her by grasping her sides and aiding her to go up and down.

For a variation, keep your legs straight but have her bend her legs behind her. This position can be an excellent way to stimulate her G-spot. To remain stable, she should tuck her feet close to your upper thighs and place her hands on your legs.

Sideways Straddle

Who says woman on top is relegated to facing forwards or backwards? In lieu of having her face you or having her back towards you, try a side view. To maintain her stability, she should put her hands forward on the bed while straddling you. This position can be very intense for her G-spot so be ready to go slowly. This is one sexy position! In fact for her it's the ultimate in power because she can give you a show and stay in charge switching up strokes and thrusts. She can also go in circular motions.

The Sexy Triangle

From the get go, you may think this is a normal missionary position with her on top and him on the bottom. At the same time, obviously, there's a mystery superlift turn!

With her underneath you, get up on all fours. At that point she raises her pelvis up to meet your penis. You need to stay put as she begins moving your butt up and down to get saucy. Even though she's lying on the bottom, she'll be the one in control of all the movements. She can lift her pelvis and change the speed and rhythm. Just make sure to take her orders and stay still to let her do her thing. The harder she pushes the deeper you both will go.

The Spoon

Lie together with her back to your chest embracing each other and holding each other's bodies. This is a great position to hold her breasts. Lying together like this brings increased intimacy and can be intensified by whispering sweet nothings to each other, breathing together, and pressing your genitals together. Raising her outside leg a bit, she can squeeze your penis with her butt. You can continue to have sex in this position or you can go for a twist.

Get into normal spooning position and have her lift her leg over the top of your body. She can now turn her head to look at you. The addition of eye contact can make this position even more emotionally intimate. This can be a powerful position if you're looking to connect with your partner.

The Rock & Roll

Pick any level surface — the floor or an even solid table — and have her lie face up, bringing her knees as near to her chin as she can. You lie on top of her, while she rests her calves on your shoulders. Now you need to enter as you might in the missionary position. For some additional power, tell her to grasp your upper arms. She will likely need to have her palms facing down for support as you start pushing inside of her. This version of you on top will make her feel extremely vulnerable and open while allowing you to deeply thrust and bring her to serious orgasmic heights.





**TECHNIQUE
THREE:**
ALL NEW
POSITIONS

Love Seat

Sitting on a chair with your back firmly against the back, have your partner kneel down on to you so that her back is touching your chest and her legs are bent with one leg on either side of you. Alternately she can just sit on you with her legs dangling off towards the floor. She can rock back and forth or bounce up and down. Holding a table while she's going up and down will alleviate the strain from thrusting. She can prolong the pleasure by using her vagina to grip your penis and slowly withdrawing it as it becomes flaccid. It will turn both of you on immensely.

The Chariot

Remember how you used to play wheelbarrow as a kid? Well here is the adult version. In this pose, you are completely in control while she is submissive. She leans forward supporting her weight either with her elbows or with her hands flat on the bed or bench. You stand up holding the tops of her thighs as she

holds her legs around your back. Now enter her slowly and straighten or bend your knees depending on the angle. This position can be deliciously hot as you have total control and she has none. However that is all the more reason to not go too crazy at first, allowing her sounds to gauge how she feels.

If you get tired of holding her thighs you can rest her legs on the floor (but make sure she is still facing down) and tease her by slowly rubbing your penis against her vulva, pushing it half way in and pulling it out. Don't allow her to get up. Instead keep teasing her.

Head Amusement

Begin this joyous position by having her lie level on the ground face up. With her hands supporting her lower back, lift her legs and back, far up so they're as perpendicular to the ground as you can get them. Stoop before her, grab her lower legs, and bring your knees towards her shoulders. At that point, with your hands hold her hips; that will steady you both. Hold your thighs for leverage and adjust so her private parts can join for some powerful upside-down action.



Downward Dog

Have your partner lie face down on the bed with her knees somewhat bent and hips marginally raised. For comfort and to expand the angle of her hips, I recommend putting a cushion under her lower abs. From here, enter her from behind and keep your weight off of her by propping yourself up with your arms. This position makes a cozy fit—which escalates her pleasure by making you feel bigger to her. You will keep going longer in this position if you switch to shallower pushes and deeper breaths.

The Angel

In this position, the woman gets an awesome view of your derriere. She lies on her back while you straddle her facing away from her. She lifts her legs and wraps them around your back to lift her pelvis so you can enter. She then holds your butt to help you slide up and back.



She can add a little back rub activity too. The good part is the prolonged sex will build arousal. Shallow thrusts animate the nerve endings on the head of your penis. As a bonus, start off with a 69 oral play and then move into this position.

Energy Propeller

You start by lying on top of her, entering her in missionary position, however once there you begin doing a 360-degree turn, at the same time keeping your penis inside her. As you're turning and pushing, she can help guide you around her body like a propeller might turn around the highest point of a helicopter. Of course, make a point to lift your legs when they swing around over her head. After you've completed this move, you'll feel like a sexual Superman. How many men can spin around while their penis is in a woman? Plus she'll get to see every inch of your sexy body without having to do any work!

Balance Artistry

This is an ideal sexual move for quickies in tight quarters. It's also a great choice for open air sex and allows for easier penetration. In this position, the woman has control of the thrusting. You start facing each other, then she raises one of her legs up and wraps it around your bottom or thigh and pulls you into her with her leg so you can start penetration.

On the off chance that her wrapped leg gets tired, support it with your arm. If she's exceptionally flexible, lift her leg over your shoulder for some very deep penetration.

The G Spot Party

For this position, your partner lies on her back as you kneel between her legs and raise them, resting her calves over your shoulders. Next proceed to rock her in a side-to-side and up and down motion, bringing the head and shaft of your penis in contact with the front wall of her vagina.

Since this position allows for deep penetration, push gradually at first to abstain from causing her any discomfort. As an option, bring her legs down and have her place her feet on your chest before your shoulders. This permits her to control the rhythm and profundity of your pushes.

The Delicate Rock

Attempt this tempting twist on the commonplace missionary position (you on top, her on the bottom) for some seriously sexy friction. As opposed to her resting right underneath you, have her slide two to four inches forward. Put your arms on either side of her shoulders, letting your body fall even against hers. Make sure you both keep your spines straight. With her legs touching yours, she should push her pelvis up in the air about two inches. You need to push down delicately, giving a bit of counter resistance rather than the normal in and out thrusting rock up and down.



In conclusion...

As you can see there's no limits to the imagination and possibilities when it comes to sexual positions. In fact, maybe there's some you could even come up with that aren't mentioned here. Be open and feel free to experiment with whatever feels good. Move a leg, an arm, twist further, turn around or go to a new location. Your sex life will thank you.



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