

# She's On Top



*YOUR GUIDE TO LETTING HER  
RIDE YOU BOTH TO ECSTASY*



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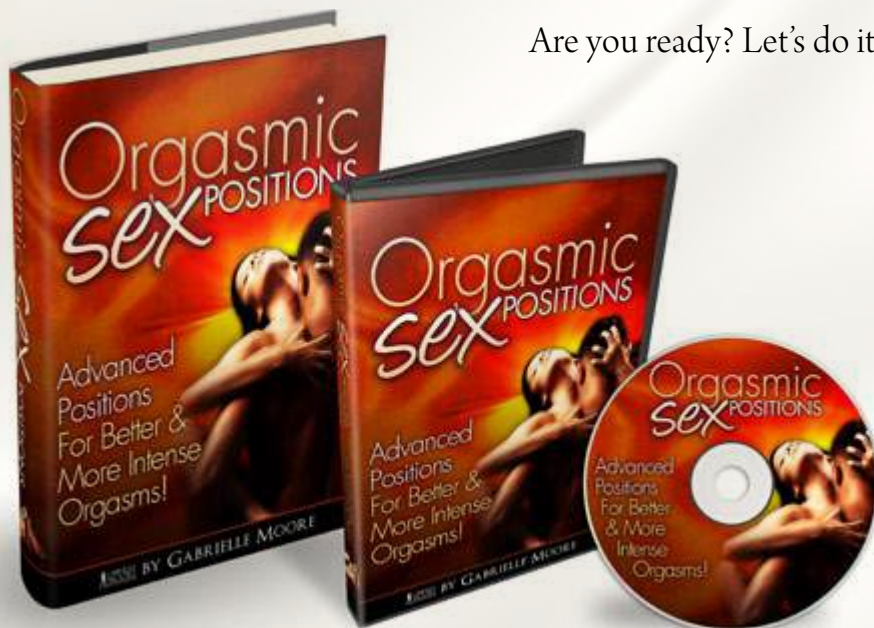
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Are you ready to embark on your *Erotic Encounter*?

**I WANT YOU** to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about the right position.

Are you ready? Let’s do it!



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## *Your Guide To Letting Her Ride You Both To Ecstasy*

**W**oman on top positions are lauded for being one of the best ways for women to experience orgasm during intercourse, but what is it about these magic moves that make them such incredible tools for female pleasure?

It is often stated that female-dominant positions make for great orgasmic experiences because they allow her much more control over the stimulation – depth, speed and force of thrusts. But this isn't all. Actually, much of the arousing power of these moves comes from the fact that they get her heart racing! A beating heart, quick breath, flushed skin, pheromone-filled sweat is all vitally important to many of the feelings of arousal. If laying back in the missionary position doesn't get her blood pumping, it won't be enough to get her orgasm going either.

A BEATING HEART, QUICK BREATH, FLUSHED SKIN, PHEROMONE-FILLED SWEAT IS ALL VITALLY IMPORTANT TO MANY OF THE FEELINGS OF AROUSAL.

So long as she is fit enough to get into and sustain the position, the more advanced and physically challenged, the more it gets her going, the better! If it takes a while to work up to some of these more advanced positions, at least you know the practice will be fun. Try out a new position for as long as you can sustain it, and then switch to a more traditional position to finish.

Just do something different tonight... you deserve that much.

## HERE'S LOOKING AT YOU: FACE TO FACE POSITIONS

Face to face positions are the standard when it comes to most people's general idea of woman-on-top positions, though you will soon find that greater variety comes in the "from behind" positions. Needless to say, face to face positions allow for a kind of intimacy that the carnal from-behind positions can't quite mimic. If you want to make love, lock eyes and let her go at it.

### 1 - HEART-STOPPER

The traditional woman-on-top position, her straddling you on her knees as you lay back, can be heightened just that tiny extra bit by having her support herself by placing her hands

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over your heart. She can feel your heartbeat begin to race as she pumps you into a sexual frenzy.

As an added bonus, having her arms together on *your* chest will give *her* a big boost in the chest department too, squeezing her breasts together for major cleavage which will give you a great view and minimize any "bounce" issues she might experience.

### 2 - LEAN BACK

This is just a simple switch of positions to start, only a slight change of direction and a whole new world of thrusting directions and stimulation opens up for her. For extra balance, she can move her legs from beside your hips to just above your shoulders.

This completely changes her leverage, frees up your arms to be able to grab and support her hips, and gives her a chance to relax a little bit. If you bend at the knees, she can lean back against your upper thighs for even more support. You may want to put a slick sheet over your legs to help her slide up and down without chaffing.

The more she supports herself in this position, the more challenging it can be. If you are lucky enough to have a sex swing or some other reason to have support points in your ceiling, or a sturdy four-poster bed, she can hang off of the supports for even more power and leverage. She can keep her knees together to keep things tight, or she can spread 'em wide and give you an absolutely amazing view.

This angle is great for g-spot stimulation so be careful if she's a squirter! You may end up with more than an eyeeful...

### 3 - TWIST AND SHOUT

She can step things up another notch without moving more than an inch. Put your hands up



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over your head, so she can slide her toes under your shoulders, where your upper arms can block her shins and keep her from sliding. This extra bit of support gives her the chance to move her hips in a slightly more nuanced pattern. Instead of the standard up and down, back and forth, she can swivel her hips in a figure eight motion, move from side to side and pick up a ton of momentum.

She should put her hands directly on your thighs, just above the knees. You can raise or lower your legs to help change the angle and give her more support. This position forces her legs wide open so you will have a great view the entire time.

She has absolute control, with your hands completely out of the picture. She might even enjoy tying them up somewhere. Put on some extra sexy music that she really enjoys and she can bounce and rub, bump and grind to her heart's content. You won't have any idea what's coming and she can revel in the rush of having so much control.

**BONUS:** If you are feeling extra fit, wait until she starts to get tired and close to orgasm, raise your hips off the ground and thrust like you have never thrust before! She will sit up and can bounce around on top without any effort at all and you can ride it out all the way to the end. Team effort for the win!

### 4 - SITTING PRETTY

Lie flat on the bed facing the headboard so that your shoulders extend just beyond the edge of the bed. Prop yourself up on your elbows for now and keep your legs together, but not too tight. She lowers herself down onto your hard member with her feet planted tight beside your hips and her knees bent.

Sit up a bit so that she can hang on to your chest and shoulders if she needs help. With excellent balance, she should be able to bounce around in place without support, or with only one hand to help keep her steady. With the other hand, she can reach behind her and stimulate your testicles. As you near orgasm, try leaning your head back over the edge of the bed, allowing the blood to rush to your brain.

WITH EXCELLENT BALANCE, SHE SHOULD BE ABLE TO BOUNCE AROUND IN PLACE WITHOUT SUPPORT, OR WITH ONLY ONE HAND TO HELP KEEP HER STEADY.

When you lean back over the sides of the bed, your hips thrust upward, giving your lover

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even more shaft to thrust into. Don't stay in this position for too long because you end up passing out, but enjoy the incredible sensation while it lasts!

### 5 – SEXY SLIDE

When you're both exhausted and post-coital, or just want to get slick and slippery with some massage oil between your bodies, have her lower herself onto your body so you are chest to chest and slide down until you are inside of her.

From this position, she can close her legs, even positioning them between his legs. Your bodies can rock gently together and maybe even get another orgasm out of each of you, or at least ride out the aftershocks in style.

This position is especially great if you are both wet and mess, and like it that way, because it lets you stay in the moment and enjoy the sexual experience before you both head off to the showers.



## BACK IT UP: POSITIONS FROM BEHIND

I'm sure it won't take much for you to admit that you admire the view in these positions as well, even if they don't give you the romantic eye contact that can be so intimate. The carnal, visceral, animal desire in these positions is enough to get just about anyone going and they give you a bit more freedom in deciding just how much of an active position you would like to take yourself.

If you two of you can share the responsibility of being in charge of the action and contributing equal amounts of force, in a back and forth fashion that allows you to take turns in the thrusting role, you

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are much more likely to enjoy an orgasm or two without have to rearrange or take a rest for sore muscles.

Positions where you aren't looking each other in the eye are great for fantasies and role plays. It can be hard to pretend to be someone else or do something outside of our comfort zone when the person we love and who knows us best is looking straight at us.

With your lover turning a blind eye and letting her other senses take over, she might be more comfortable with talking dirty, saying or doing kinky thing, or putting on a role or a costume. She might enjoy being watched more when she doesn't have to see you looking, and it certainly gives her a chance to try out some more active participation.

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### 6 – ON THE EDGE

My absolute favorite position for getting both of you out of your usual positions and active, this involves getting at least to the edge of the bed, if not on some other furniture. Try hanging your legs over the edge of the bed and sitting up with just your hips resting on the mattress. Have her straddle you, facing away from the bed. If you have an extra chair, wall or other furniture she can lean on, put it in place. For an extra head rush, she can lean all the way down and support herself on your outstretched legs.

You can balance your body on your palms or forearms, using the mattress as leverage to thrust as vigorously as you wish. When she gets into a



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comfortable position, she should be able to use her arms and legs to do some thrusting of her own, giving you a bit of a break.

The further away from you that she is able to lean, the higher up you can sit on the bed, giving you the opportunity to hold on to her hips with your hands, or use your fingers to stimulate her clit.

### 7 - STRADDLE AND BOUNCE

Another great challenge, this move is an amazing little trick to keep in your back pocket for special occasions. Lie on your back with one leg out straight on the floor (better than the mattress, unless yours is extremely firm) and the other bent at the knee. Have your lover straddle your bent leg, facing toward your thigh where she can hold your knee for support.

Caress her legs. Keep your bent leg rigid enough that she can support herself with your knee as she lowers her body down onto your shaft. With her legs squeezing around your thigh, she forms an incredibly tight grip that you won't soon forget.

The pressure and power she is able to build up with this kind of leverage is tremendous. She can really go to town without a whole lot of effort, and your hands are completely free to roam around her body. As she nears orgasm, she might enjoy leaning back a bit to give you more access to her clit and labia. Her arms are free to do as they please, so she can use them to support herself on your chest and your other arm can caress her breasts!

It should be obvious what makes this move an absolute winner, with so many erogenous options. What will you choose? This is even a great starting position, which you can get into before either of you is even aroused. Work your way up to

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penetration. Try sitting up when you begin and rubbing her shoulders, kneading her breasts, kissing her neck and touching her hips.

### 8 - GET IT TOGETHER

Sit up and rest your body against something, like the headboard or a pile of pillows. Keep your core strong and spread your legs so that your lover, with her legs tight together, can sit down between your knees and lower herself down onto you. Her hands on your hips provide some stability, so the higher you raise your upper body, the further forward she will lean.

She will be doing most of the work in this position, using your hips and thighs for her propulsion, but ultimately putting in a lot of effort. Do everything you can to stimulate her while she does so much wonderful work. If your arms are free and not propping you up, use them to caress her breasts.

DO EVERYTHING YOU CAN TO STIMULATE HER WHILE SHE DOES SO MUCH WONDERFUL WORK. IF YOUR ARMS ARE FREE AND NOT PROPPING YOU UP, USE THEM TO CARESS HER BREASTS.

Give her a nice surprise at the end when she starts to get tired and try swinging your legs over the edge of the bed with her still between them. She can drop her feet to the floor, you can grab on tight to her hips, and you can thrust away until you both reach orgasm. This is a power move, so save it until just the right moment, when the two of you are preparing to hurdle over the edge.

### 9 - BABYBACK

This is kind of like the doggy-style position for lazy men, but it does have its advantages to the more upright position. You lie on your back, legs straight out and together, and she gets down on all fours while straddling you, facing your feet.

Try to avoid grabbing her hips too hard or trying to control the pace by pushing/pulling her, which is relatively ineffective in this position. Let her do the back and forth and if she needs some help or encouragement, try holding her feet or her ankles to give her something to push off of instead.

If she likes a little bit of anal play, this is a great position which gives you full access with both hands. You have an amazing view and if she's a bit kinky, is also an amazing angle for delivering a few quick smacks to the bum.

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## 10 - ASS TO GRASS (EROTIC END)

The final of our woman on top positions for the day is this great squat which is likely to require some practice. If she can't get into this position comfortably, try doing sexy squats together on a regular basis.

A solid surface like a yoga mat on the ground is great for this position which is amazing for g-spot play and actually works very well in places like, for example, the bath tub – no mess, no fuss. Sit upright with your legs outstretched and your arms behind you to support your upper body. If you are in the tub, you can simply lean against the edge.

Have your lover put her feet outside your upper thighs, her heels touching the curve of your butt. With her hands behind her beside your bum, she can lower herself down into a proper low squat, head upright and leaning forward into her thighs. She barely has to move for you to hit her g-spot in this incredible position. If you have a tub wall to support you, use your hands to hold her breasts and help support her as she grinds against you, ensuring that you hit her g-spot just right. Go fast or go slow, but be prepared to grab her butt when she starts to squirt – she will probably get up so that you pull out from inside her in order to orgasm, so you don't want her to come crashing down, especially when things get all wet and messy.



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## A FEW TIPS: EASING HER IN

Many women are very shy about getting on top, so do whatever you can to make this easier for her at first. If she's a little bit shy, give her a few options.

- Do it in the dark. Yeah, yeah, lights are exciting, but that can come later, when she feels up to the new challenge.
- Do it in a dress (*her* silly). She'll be more confident with clothes on, so just hike up her skirt and have her crawl on top of you.
- When she progresses out of the dress, or isn't wearing one, have her keep the bra on. She'll feel less exposed if she can keep even a little bit covered up.

## STARTING POINT

How do you want your lovemaking to play out? Do you want her to work herself into a frenzy on top of you, than flip her over and finish her off? Or would you like to get her warmed up yourself and share an orgasm together with her riding you with all she can?

If you don't have much practice with it, she may not have the strength or know how to find the right position for you to reach orgasm together using only one position, especially if it is a more difficult position requiring great muscle strength.

IF YOU WANT TO TAKE RESPONSIBILITY FOR PUSHING HER OVER THE EDGE, LET HER CLIMB ON TOP WHEN YOU'RE JUST BEGINNING WITH INTERCOURSE AND GET HER SHARE OF PLEASURE.

If you want to take responsibility for pushing her over the edge, let her climb on top when you're just beginning with intercourse and get her share of pleasure. Let her get worked up and aroused, so choose a position that gives you plenty of access to her other erogenous zones. Before you get to the point of no return, give her the flip and put her down into the mattress. Thrust with all your might! If she likes rough sex, break it out and take her all the way over the edge to climax.

If you want to see her bring herself to the throes of ecstasy on your body, make sure to get lots of foreplay in beforehand and try out another position or two if she likes a lot of stimulation. Give her a chance to tell you when she is getting close, than lie back and let her go

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at it! Be sure to choose a low-impact position for your first move that doesn't put too much stress on her legs, or she won't have the strength to climb on top for a ride.

Work towards building up your strength by stretching well before and after sex. Do a bit of yoga or some light workout stretches. Tai chi is helpful for relaxation and loosening the muscles. If you have a hot tub or sauna, these can be helpful for warming up the muscles. Massage each other and encourage your bodies to adapting to the new habits and routines of a better sex life!

### FLATTER HER

If she's not too shy, try a little surprise for her one day. Bring the camera with you to bed! Don't take any "incriminating" photos. While she's riding you, face to face, take photos of her beautiful eyes and lips, flushed cheeks and chest, as she rides on top of you. Let her see how absolutely beautiful she looks through your eyes when she experiences pleasure. Enjoy every second of it!



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about sexual positions, go ahead and download "*Orgasmic Sex Positions*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to [www.OrgasmicSexPositions.com/eroticoffer](http://www.OrgasmicSexPositions.com/eroticoffer) to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

*Sensually yours,*  
Gabrielle Moore

