



Partner Play: Positions

Just as there is no one right position for solo play, intercourse or any other sexual activity, there is no 'correct' or 'incorrect' position for playing with partners. However, some positions can especially enhance your experience of connection, such as having your bodies aligned, eye-to-eye and crotch-to-crotch.

To play with direct alignment, one option is the Tantric position of yab-yum, where one partner (in traditional Tantra, the woman) sits on the cross-legged lap of the other partner (traditionally the man) with her legs wrapped around him. A firm pillow under her rear and two under his knees can make this position more comfortable.

If your size, weight or joints won't accommodate yab-yum, you can try a variation I call yum-yum. You sit facing each other, crotch to crotch, each with one leg over the other's thigh and one under.

Another option is to sit in facing chairs or stools. Straddling a backless bench is also good. While these don't create the same groin-to-groin connection as yab-yum and yum-yum, they do align your bodies and energy systems, and this can enhance your connection.

You can also do many play and practice exercises while lying on your sides, face-to-face, with your heads on pillows.

You needn't limit yourself to eye-to-eye postures. Go head-to-toe and see how that feels. You can make like a pair of scissors and just have your crotches connecting. You can sit on the floor with your legs spread apart and only the soles of your feet touching. You can lie on your sides and spoon front to back. Here, too, there are no rules, so experiment and discover what works best for you and your partner. Firm pillows, meditation cushions, back supports and sex furniture can make things easier and more fun. The key is to be comfortable and able to relax while playing and practicing.