

YELLOW

Y1

Warm back

≈ 3 min

Place both hands beneath your partner's top and slowly stroke their back. Use a flat hand and an even pace.



YELLOW

Y2

Gentle blindfold

≈ 3 min

Ask whether your partner would like a blindfold. Gently kiss their hand, neck, cheek and shoulder. Finish with a gentle kiss on the mouth.



YELLOW

Y3

From forehead to toe

≈ 3 min

Kiss your partner from forehead to toe without going beneath their underwear. Keep the pace slow.

YELLOW

Y4

Waist and hips

≈ 3 min

Hold your partner around their waist or hips. Pull them close, kiss them, then ease off a little again.



YELLOW

Y5

Edge of the bed

≈ 3 min

Let your partner sit on the edge of the bed. Stand or sit close and kiss while your hands rest on their back, thighs or hips.



YELLOW

Y6

Back to chest

≈ 3 min

Sit behind your partner. Kiss their neck and stroke their stomach, chest or arms over clothing or underwear.

YELLOW

Y7

Almost off

≈ 3 min



Pull your partner's top halfway off and pause for five seconds. Kiss the skin that appears, and ask with your eyes before taking the garment all the way off.

YELLOW

Y8

Thighs over clothing

≈ 3 min

Stroke the inside of your partner's thighs over clothing or underwear. Do not move all the way into intimate areas.

YELLOW

Y9

One wish

≈ 3 min

Ask your partner for one simple wish: 'kiss here', 'hold here' or 'stroke here'. Follow their wish.



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YELLOW

Y10

Lower back and bottom

≈ 3 min

Massage your partner's lower back, hips and bottom over clothing or underwear. Use a calm, firm hand.

YELLOW

Y11

Kisses and hands

≈ 3 min

Kiss your partner while your hands move beneath their top or along bare skin. Keep the touch warm and slow.

YELLOW

Y12

A small strip of skin

≈ 2 min

Find a small strip of bare skin at the stomach, back, shoulder or hip. Kiss it slowly.

YELLOW

Y13

Vibration over clothing

≈ 3 min

Use a vibrator over your partner's clothing or underwear on their thigh, back, hip or stomach. Start on a low setting. Not directly intimate yet.

YELLOW

Y14

Under the duvet

≈ 3 min

Lie close to your partner under the duvet. Kiss and touch over clothing or underwear.

YELLOW

Y15

Your partner's favourite

≈ 3 min

Ask your partner where it feels good to be kissed or touched right now. Keep it gentle.

YELLOW

Y16

Neck, ear, shoulder

≈ 3 min

Kiss your partner's neck, ear and shoulder. Use soft lips and warm breath.

YELLOW

Y17

Hand over hand

≈ 3 min

Place your hand over your partner's hand. Let them guide both hands where it feels good, over clothing or underwear. Follow the pace and pressure they show, without taking over.

YELLOW

Y18

The underwear boundary

≈ 3 min

Touch around the edge of your partner's underwear, but not underneath it. Kiss their stomach, hip or thigh between each movement.



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Y19

Flat hand or fingertips

≈ 3 min

Stroke your partner's back first with the whole flat of your hand, then just with your fingertips. Use the same route and the same leisurely pace both times. Ask the partner: "flat hand or fingertips?" Continue with whichever partner chooses.

YELLOW

Y20

One hand with oil

≈ 3 min

Warm some intimate massage oil in the palm of your hand — if you don't have it, use a lubricant. Never pour directly onto the skin. Stroke your partner's back alternately with the oiled hand and the dry hand, and finally ask: "oil or without?" Continue with whichever partner chooses.

YELLOW

Y21

Long coats

≈ 3 min

Place both palms at the bottom of your partner's back. Stroke slowly upwards with one hand on each side of the spine, out over the shoulders and down the sides. Repeat in the same calm rhythm. Use intimate massage oil — if you don't have it, use lubricant.

YELLOW

Y22

Sesame seeds and rice

≈ 3 min

Lay face to face. Intertwine your arms and legs tightly into each other's, so close that you can feel the other's breath. Lie like this, kiss calmly and let your hands caress your back.

YELLOW

Y23

Five places, five numbers

≈ 3 min

Kiss and stroke five places on your partner, one at a time: neck, shoulder blade, lower back, stomach and hip. The partner gives each place a number from "one" to "five". Go back to the place that won and stay there for a good while.

YELLOW

Y24

Quiet heat

≈ 3 min

Rub your palms together until they are really warm. Place one hand on your partner's stomach and one on your lower back, skin to skin, and hold them completely still for one minute while breathing at the same rate. Finish with a single slow stroke.

YELLOW

Y25

Mirror look

≈ 3 min

Stand behind your partner in front of the mirror. Stroke your partner's shoulders, arms and stomach slowly while maintaining eye contact in the mirror. The partner says "continue" when you change places. Seeing and feeling at the same time makes the touch stronger.



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