

PURPLE

L1

Missionary with pillow

≈ 7 min



A quiet missionary variant where the angle works for her.

Full guidance: see the position library in the rule booklet.

PURPLE

L2

She at the top

≈ 7 min



She is at the top and decides everything — movement, depth and pace.

Full guidance: see the position library in the rule booklet.

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L3

Spoon with hand in front

≈ 7 min



Sidecar that is made to last — closeness in the back, pleasure in the front.

Full guidance: see the position library in the rule booklet.

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L4

Female focus during sex

≈ 7 min



She chooses the position for intercourse — spoon, she on top or on her lap — so her front is free for hand or vibrator.

Full guidance: see the position library in the rule booklet.

PURPLE

L5

Face to face in side lying

≈ 7 min

Side bearings facing each other — quiet, close and easy to adjust.

Full guidance: see the position library in the rule booklet.

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L6

At the bedside for her

≈ 7 min

She at the edge of the bed — he is standing, and her front is completely free.

Full guidance: see the position library in the rule booklet.

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L7

Bones gathered

≈ 7 min

A missionary variation with her legs together — more contact with less movement.

Full guidance: see the position library in the rule booklet.

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L8

She on her stomach with a pillow

≈ 7 min

She lies completely flat on her stomach on a low pillow — the most restful variant available.

Full guidance: see the position library in the rule booklet.

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L9

Sitting with support

≈ 7 min

He sits against the gable, she on his lap with her back to him — his hands are free in front.

Full guidance: see the position library in the rule booklet.



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L10

Calm rocking

≈ 7 min

A missionary variant where he lies high and rocks instead of thrusting.

Full guidance: see the position library in the rule booklet.

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L11

Her combination

≈ 7 min

She puts together the evening: position, additions and conclusion.

Full guidance: see the position library in the rule booklet.

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L12

His turn with his mouth

≈ 6 min

Now it's the man's turn to enjoy himself. Kiss his stomach, inner thighs, and the area around his penis, then gently give him oral pleasure. Let your hands stroke your thighs and hips, or keep a light grip around the root of your penis.

PURPLE

L13

His turn with his hands

≈ 6 min

Give him pleasure with your hand: use lube, keep a steady grip and vary the pressure more than the speed. Simultaneously kiss his neck, chest and stomach. He adjusts with "firmer", "looser" or "same".

PURPLE

L14

First the partner, then you

≈ 8 min

Give your partner five minutes of hand and mouth — full focus, without the partner having to give anything in return. Afterwards, you choose your pleasure and get at least the same amount of time.

PURPLE

L15

Pause in the middle

≈ 6 min

Stop intercourse completely, but stay close with full body contact. Finish with a calm kiss. Draw another card when you are ready to move on.

PURPLE

L16

Resting on his thighs

≈ 6 min

Have intercourse with him kneeling: he sits upright on his knees, she lies on her back with her pelvis resting on top of his thighs and a pillow under her lower back. Both of his hands are free—the fingers rest in steady, calm circles on the clitoral area as his hips move slowly. She controls with "same", "calmer" or "stop".

PURPLE

L17

She at the top, all the way down

≈ 6 min

Interact with her on top, but all the way down: she lies flat against his chest with her legs inside or outside his. She rubs and rocks against his abdomen instead of riding — her clitoral area making contact the entire time. He lies still and gives light back pressure with his hands on her lower back. She rules with "same" or "calmer".

PURPLE

L18

The scissors in a sideways position

≈ 6 min

Have intercourse in scissors: he lies on his side, she on her back perpendicular to him, with her legs over his hip and his lower legs between hers. No one is carrying weight and her entire front is free for his hand or a low powered vibrator. Move in small, quiet swings. She rules with "deeper", "shallow" or "same".



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L19

The edge of the bed, he on his knees

≈ 6 min

Have intercourse at the edge of the bed: she sits back comfortably with a pillow behind her, while he kneels in front, preferably on a pillow. Face to face, you can kiss and keep the front of her body free. If she wants a change, he can use his mouth without her moving. She guides with "same" or "slower".

PURPLE

L20

Quiet start

≈ 6 min

Begin intercourse with silence: slide in, then remain completely still for one to two minutes with full body contact. Breathe calmly to the beat and feel instead of moving. She makes the first move when she's ready — shallow and slow. Would she rather continue the silence, she says "same".

PURPLE

L21

Nine shallow, one deep

≈ 6 min

Give intercourse a fixed pattern in missionary: nine shallow, calm movements at the end — just the first few centimeters — and then one deep. Most of the nerve endings are located at the outer end, and the deep one is felt more because it is rare. Hold the pattern for a few minutes. She adjusts with "shallower" or "deeper".

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L22

Kiss through everything

≈ 6 min

Kiss her deeply throughout intercourse — not as decoration, but as half the point. Choose a position where the mouths meet, like missionary or she on top leaning forward, and let the movement of the hips stop before the kiss does. If you lose the rhythm, hold the kiss and find your hips again afterwards.

PURPLE

L23

The rocking chair

≈ 6 min

Have intercourse sitting facing each other: he half-reclined against the headboard with pillows behind, she between his legs, leaning back on her hands, legs over his hips. Swing calmly against each other, and adjust where it hits by leaning back more or less. Her front is open for hand or vibrator. She says "same" when the angle sits.

PURPLE

L24

Kneeling, close behind

≈ 6 min

Have intercourse with both of you on your knees: she kneels upright with her back to his chest, he close behind. She controls the rocking with her hips; he keeps one arm around her and lets the other hand rest evenly on the clitoral area. The angle is self-explanatory — that's the point. She says "deeper" only if she wants more, otherwise "quieter" or "same".

PURPLE

L25

Circles, not bumps

≈ 6 min

Alternate back and forth with circles: stay inside and move your hips in slow, small circles toward each other. The pressure moves around instead of in and out, and the clitoral area doesn't lose contact. Try it in missionary, spoon or with her on top. She controls the size of the circles with her hands on his hips and says "same" when it hits.



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