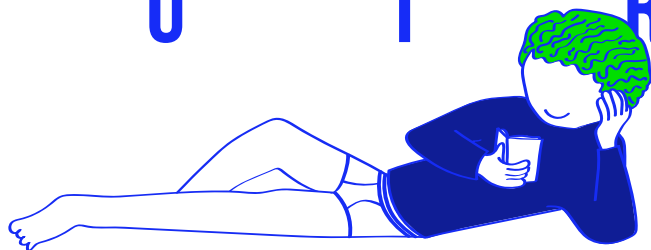


SOLO

S K U A T M R A A



A S M A L L M A N ' S
G U I D E T O E N J O Y T H E
S E X - I S O L A T I O N

T H E

GUIDE

S K U A T M R A A

WELCOME TO SOLO KAMA SUTRA

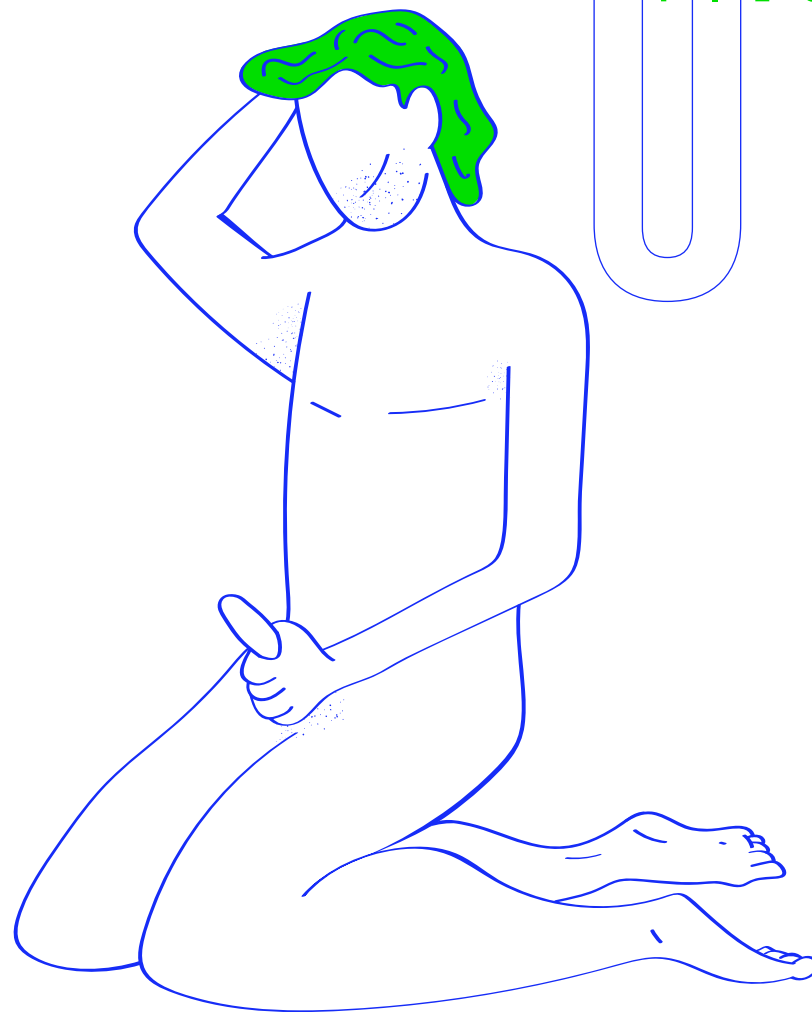
A GUIDE WITH POSITIONS AND TIPS, WITH A PINCH OF
CREATIVITY, FOR ANYONE WHO IS ISOLATED AND
WANTS TO HAVE FUN DURING THIS PERIOD. NOW, ALL
YOU NEED TO DO IS CHOOSE ONE POSITION, A PLACE
IN YOUR HOME, CLOSE DOWN THE BLINDS AND ENJOY.

BY YOURSELF, OF COURSE.

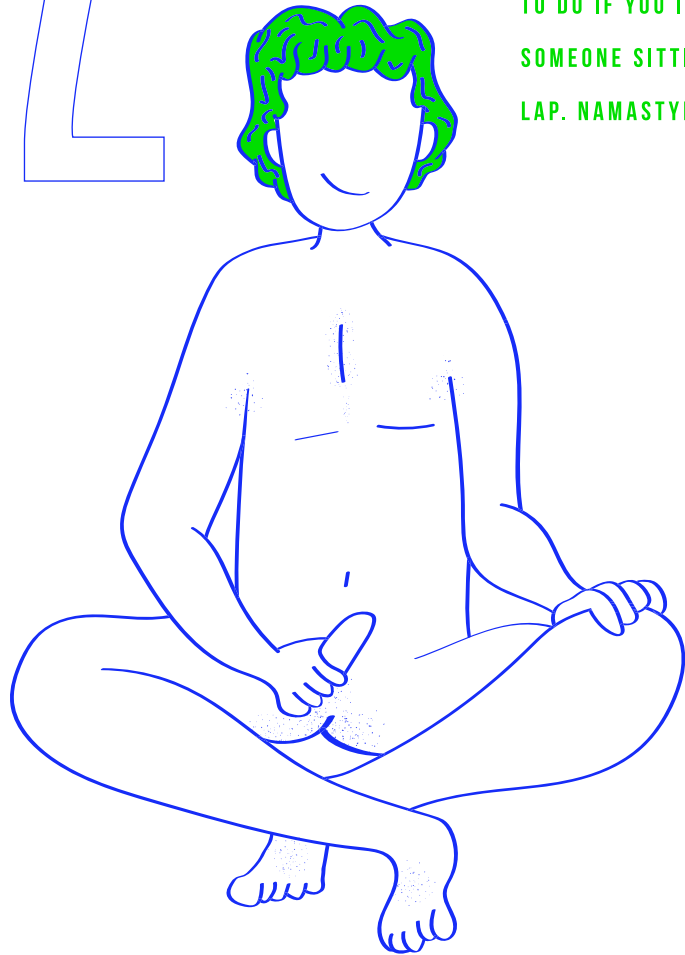
44
OH YEAH
I AM SO
HOT

IT'S MORE COMFORTABLE IF YOU STAY ON A SOFT SURFACE LIKE A RUG OR EVEN ON YOUR BED. GET DOWN ON YOUR KNEES AND HOLD YOUR PENIS MOVING UP AND DOWN. WHEN YOU COME YOU'LL FEEL THE SAME GLORY OF A RACING CAR PILOT SHAKING THE CHAMPAGNE ON THE PODIUM.

01
YOU
ARE
THE
PILOT



OH,
YE OGA!



SIT DOWN ON CRISS-CROSS
POSITION ON THE FLOOR.
YOU CAN PUT A CUSHION
OR A TOWEL UNDER YOU TO
NOT FREEZE YOUR BUTT.
IT'S A VERY NICE POSITION
TO DO IF YOU IMAGINE
SOMEONE SITTING ON YOUR
LAP. NAMASTYEEEEEEES!

 THIS POSITION MATCHES WITH POSITION #02 OF WOMEN'S GUIDE

THE
LOVE
IS IN
YOUR
HANDS



I CAN'T WAIT

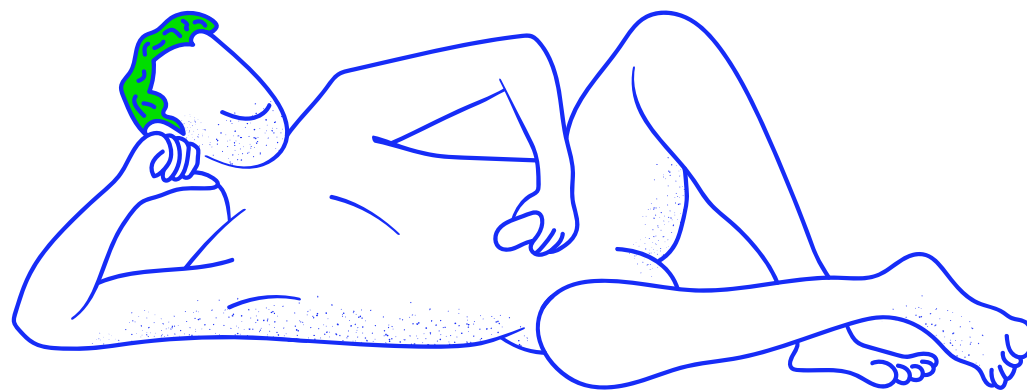
TO SLEEP

WITH MYSELF

TONIGHT

MY
B E S I D E
S I D E

THIS IS ONE OF THE COMFIEST POSITIONS.
JUST LAY DOWN ON YOUR SIDE AND HOLD
YOUR HEAD WITH ONE HAND. START PRESSING
YOUR PENIS IN SLOW MOVEMENTS AND AFTER
SOME TIME START TO GET FASTER.



**THERE IS
A LOT OF
GOOD HEALTH
REASONS
TO HAVE SEX
BY YOURSELF.**

01

HAVING SEX WITH YOURSELF IS VERY RELAXING AND YOU CAN SLEEP BETTER AND DEEPER. IT IS NOT DIFFICULT TO FALL ASLEEP JUST AFTER MASTURBATION. BUT, ONE VERY IMPORTANT WARNING. DON'T YOU DARE TO FALL ASLEEP JUST AFTER HAVING SEX WITH YOUR PARTNER. YOU WILL GET IN SERIOUS TROUBLE.

02

MASTURBATION RELEASES SEXUAL TENSION WITHOUT ANY PERFORMANCE ANXIETY. IT'S BECAUSE YOU HAVE NOTHING TO PROVE TO ANYONE. IT'S IS YOUR MOMENT AND YOUR OWN PARTNER IS YOUR IMAGINATION. OR SOME PORN WEB SITE. IT'S UP TO YOU.

03

IT FIGHTS DEPRESSIONS AND HELPS TO GET YOU IN A GOOD MOOD. MASTURBATION RELEASES THE SUBSTANCES SEROTONIN AND DOPAMINE THAT HELP YOU TO BE RELAXED IN DIFFICULT MOMENTS OF THE DAY. SO, IF YOU ARE FEELING STRESSED, RUN TO THE TOILET.

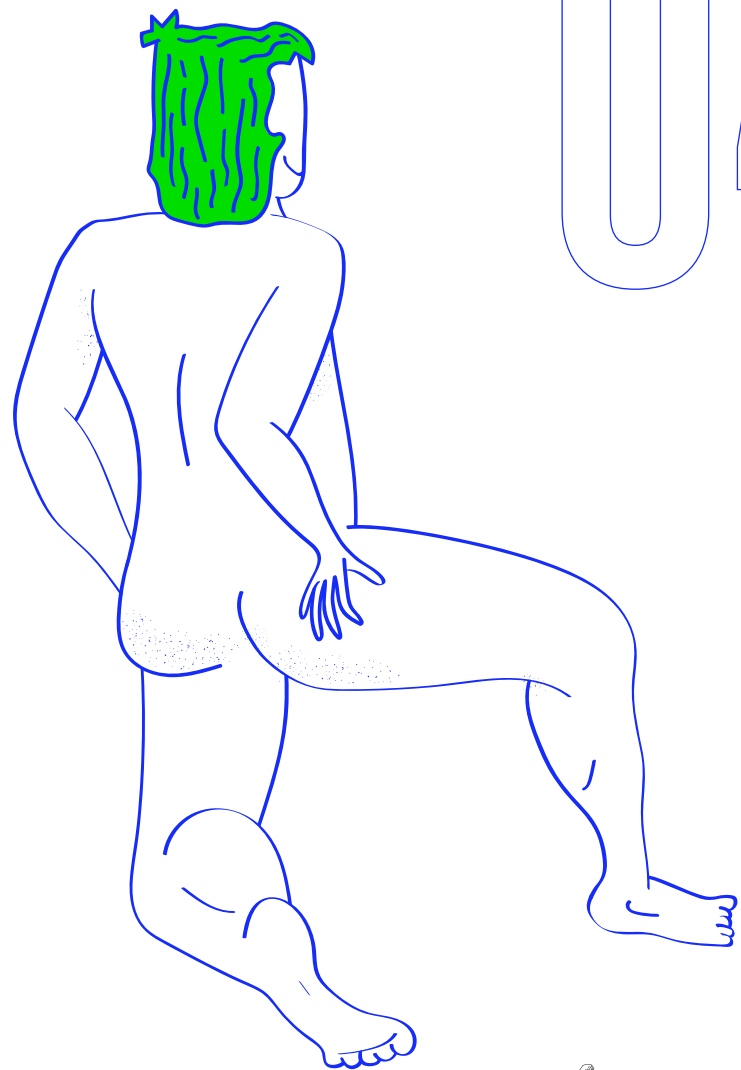
04

MASTURBATION MAKES YOUR SPERM YOUNGER, MORE ACTIVE AND HELPS TO AVOID INFERTILITY. SAID THAT, WE GOT A SIMPLE CONCLUSION: PUSH HARD YOUR ATHLETES BECAUSE WHO IS LAZY OVER THE TRAINING WILL NEVER BE A CHAMPION.

05

MASTURBATE IS SAFE SEX. YOU DON'T NEED TO BUY A CONDOM, OR ASK IF SHE IS TAKING PILLS AND DON'T EVEN MAKE NEXT DAY CALLS. IT'S ONLY YOU AND YOUR PIZZA WAITING FOR YOU AFTER YOU FINISH.

IT'S A STRONG POSITION AND YOU WILL FEEL VERY POWERFUL DOING THIS. PUT ONE KNEE ON THE FLOOR AND START WITH NICE MOVEMENTS. YOU CAN BALANCE YOUR HIP TO INCREASE YOUR PLEASURE AND THE SENSATION THAT IS DOMINATING YOUR IMAGINARY PARTNER. YOU'VE GOT THE SUPERPOWER TO SAVE THE DAY.

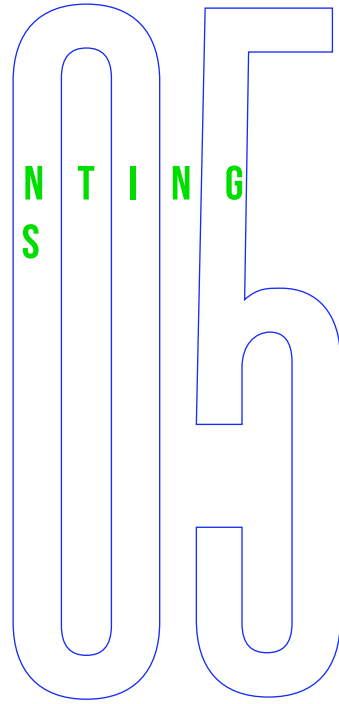


04

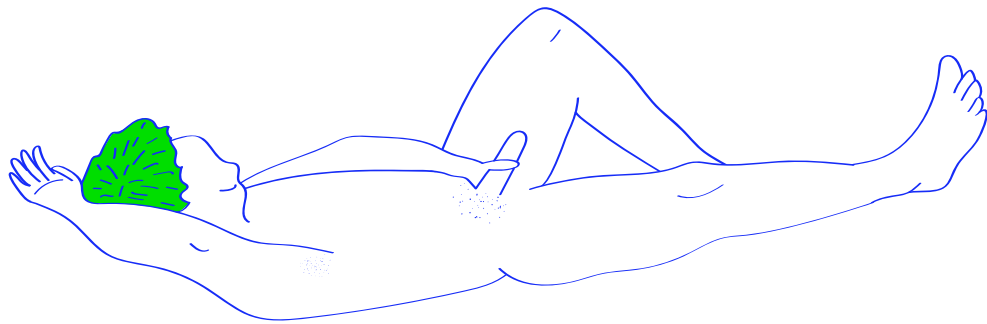
S U P E R
M E

IT'S A STRONG POSITION AND YOU WILL FEEL VERY POWERFUL DOING THIS. YOU CAN BALANCE YOUR HIP TO INCREASE YOUR PLEASURE AND THE SENSATION THAT IS DOMINATING YOUR IMAGINARY PARTNER. YOU'VE GOT THE SUPERPOWER TO SAVE THE DAY.

C O U N T I N G
T I T S

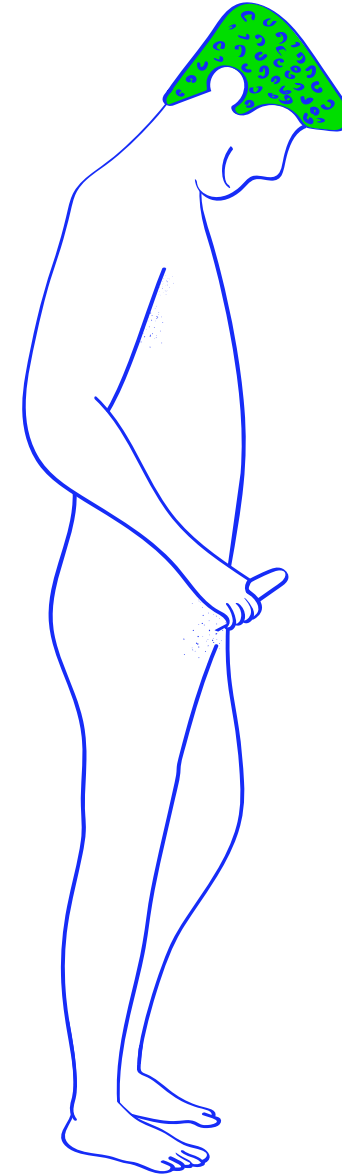


LAY DOWN AND PUT ON AN ARM
BEHIND YOUR HEAD. IT'S A VERY
EASY AND RELAXING POSITION TO
DO JUST BEFORE SLEEPING. IF YOU
ARE STRUGGLING TO SLEEP TRY
THIS ONE.



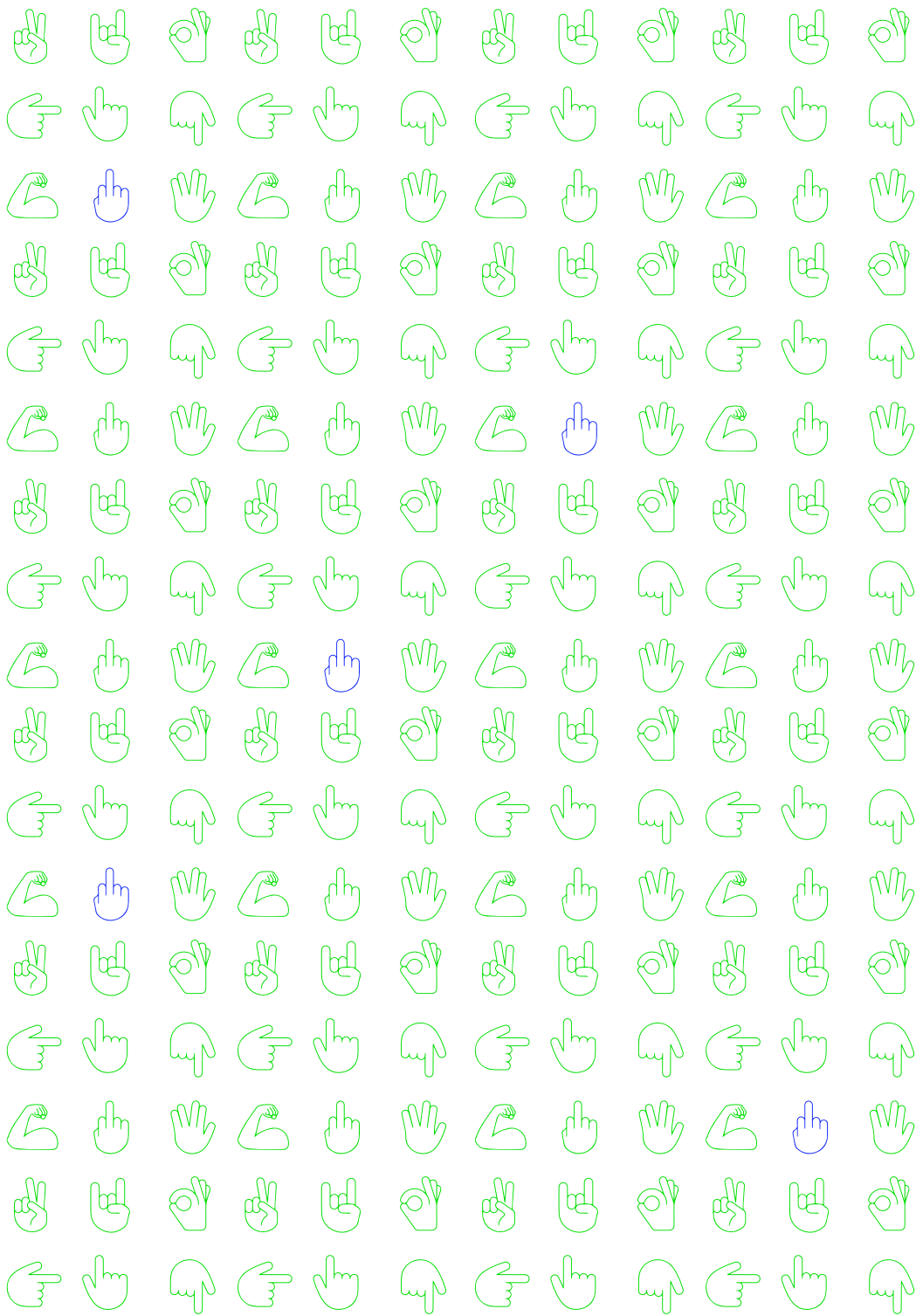
T H A T W A Y . I A M D O I N G G R E A T , B A B Y !

T H E
E X P R E S S



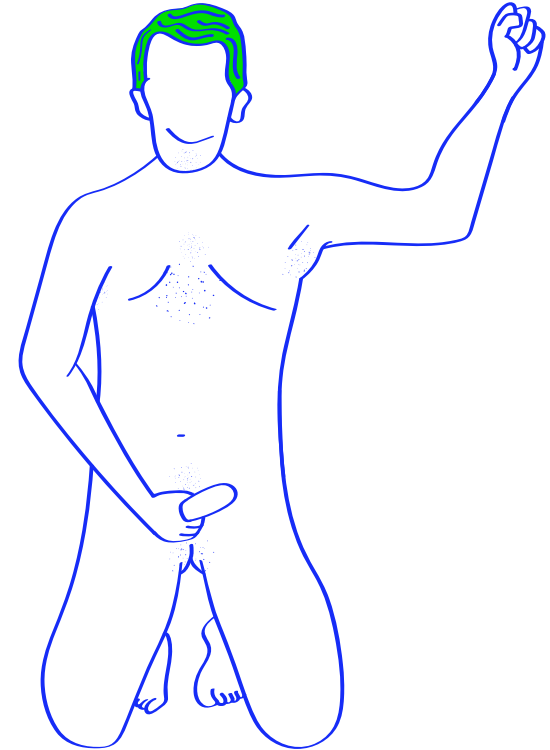
DO YOU WANT A QUICK ONE? IF
YOU DON'T HAVE MUCH TIME
THIS IS THE PERFECT POSITION.
ALL YOU NEED TO DO IS STAND
IN YOUR BATHROOM OR ANY
OTHER ROOM IN YOUR HOME.
YOU CAN USE THE TIME OF YOUR
SHOWER AS WELL. GET CLEAN
BUT ONLY ON THE OUTSIDE OF
YOUR DIRTY MIND.

LOVE
YOURSELF



WE ARE THE CHAMPIONS

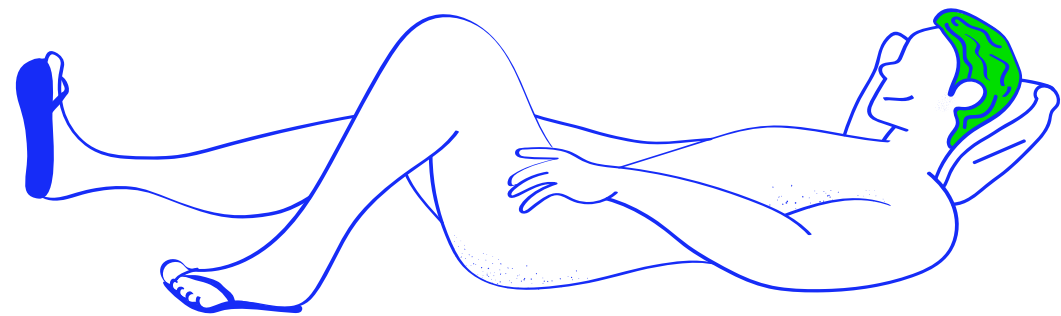
THIS POSITION CAN BE DONE OVER YOUR BED, ON THE FLOOR OR ON ANY OTHER SURFACE. STAY ON YOUR KNEES AND START PRESSING YOUR PENIS SLOWLY. WHEN YOU GET AN ERECTION SWITCH FOR UP AND DOWN MOVEMENTS AND INCREASE THE SPEED AFTER A WHILE. IN THE END, YOU WILL FEEL LIKE AN ATHLETE WINNING A GOLD MEDAL. STAY ON YOUR KNEES AND CELEBRATE FOR ALL YOUR EFFORT.



“ I THINK
I AM IN
LOVE
WITH
MYSELF ”

SOMETIMES WE JUST NEED TO CUM. IT'S NOT NECESSARY AN INNOVATION OR NOTHING CREATIVE. JUST LAY DOWN ON YOUR BED OR YOUR COUCH, PUT A PILLOW ON THE BACK OF YOUR HEAD TO FEEL COMFORTABLE AND GO AHEAD. START WITH SLOW AND SMOOTH TOUCHES AND GET FASTER AND HARDER AFTER A FEW TIMES. IT'S VERY NORMAL TO FALL ASLEEP AFTER FINISH CLIMAXING IN THIS POSITION. SWEET DREAMS.

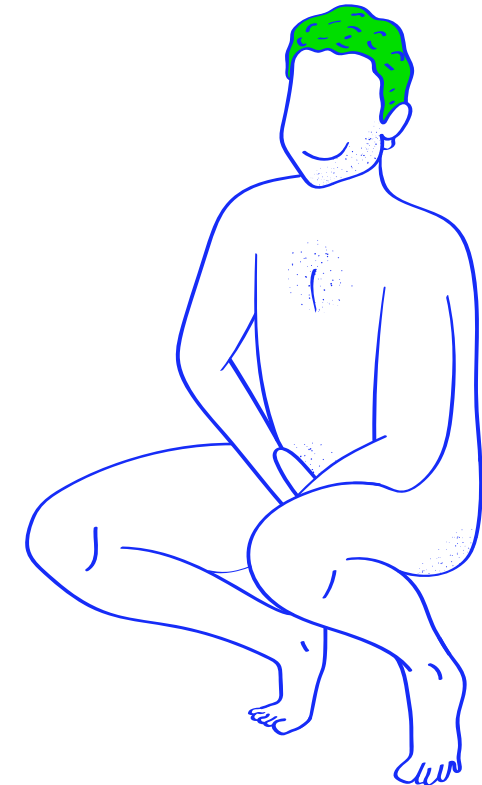
LES
BI
SM
S
O
R
S
E



OH GOSH,
I AM DRIVING ME
CRAAAAAAAZY



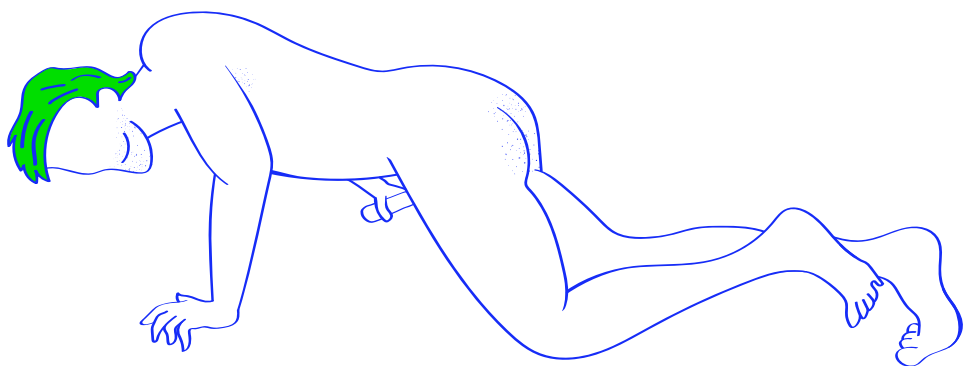
THIS IS A TOUGH
POSITION AND REQUIRES
STRONG LEGS AND A
GOOD BALANCE. YOU
CAN USE A STOOL TO
HELP AS WELL. ALL YOU
NEED TO DO IS BEND
YOUR LEGS, STAY ON
YOUR TOES AND LET THE
HAPPINESS JOIN YOU.



LAY DOWN FACING TO THE BED. THE MATTRESS WILL GIVE YOU THE SENSATION THAT SOMEONE IS UNDER YOU. YOU NEED TO LIFT YOUR HIP A LITTLE BIT TO GET SOME ROOM TO DO YOUR MAGIC MOVEMENTS. IT'S AMAZING. THE BEST OF ALL IS YOU DON'T NEED TO TAKE YOUR BED FOR A ROMANTIC DINNER BEFORE.

10

M Y
S W E E T
B E D



WE KNOW THIS PROBLEM WILL LEAVE US SOON. FOR THIS REASON, ALL THE POSITIONS OF THIS BOOK GOT ONE OR MORE MATCHES*. SO, WHEN THE ISOLATION IS OVER YOU AND YOUR PARTNER WILL COMPLETE EACH OTHER AS NEVER BEFORE.

IN THE MEANTIME, STAY SAFE. STAY HORNY.

OH YEAH, BABY.

SOLO

KAMA

SUTRA