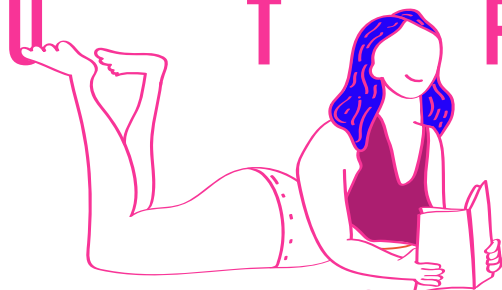


# SOLO

S K U A T M R A A



A S M A L L W O 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  
OH YEAH  
I LOVE  
MYSELF  
77

# 01

D O U B L E  
S H I F T

LAY DOWN ON YOUR SIDE AND USE TWO FINGERS TO MASSAGE YOUR CLITORIS. WHEN YOU GET READY TO USE THE OTHER HAND TO TOUCH YOUR ANUS. THE SENSATION IS INCREDIBLE. YOU'LL SEE THAT THE VAGINA AND ANUS CAN WORK VERY WELL TOGETHER AND MAKES SENSE THEY ARE LIVING SO CLOSE. ENJOY, IN DOUBLE.



# 02

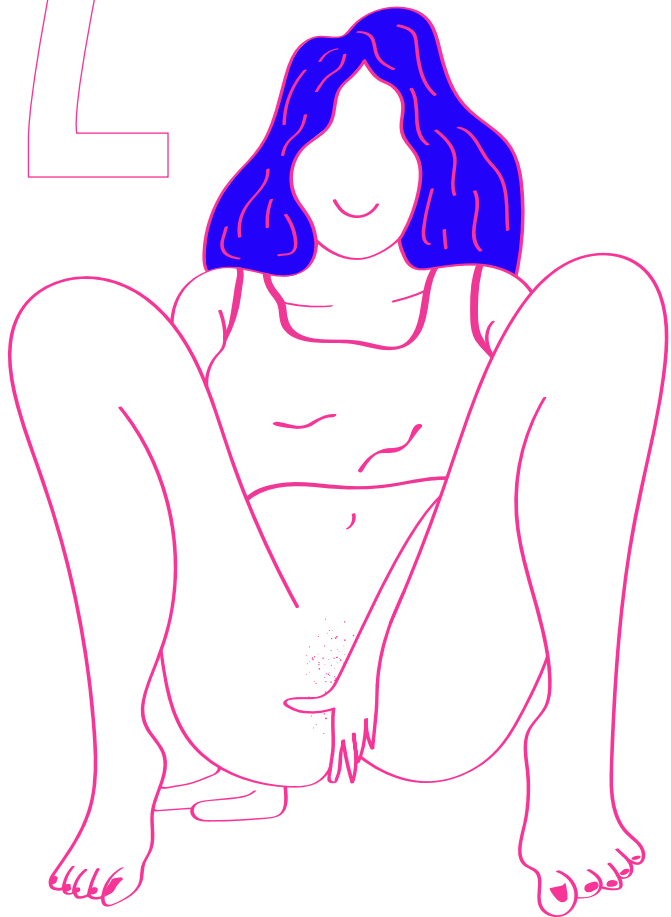
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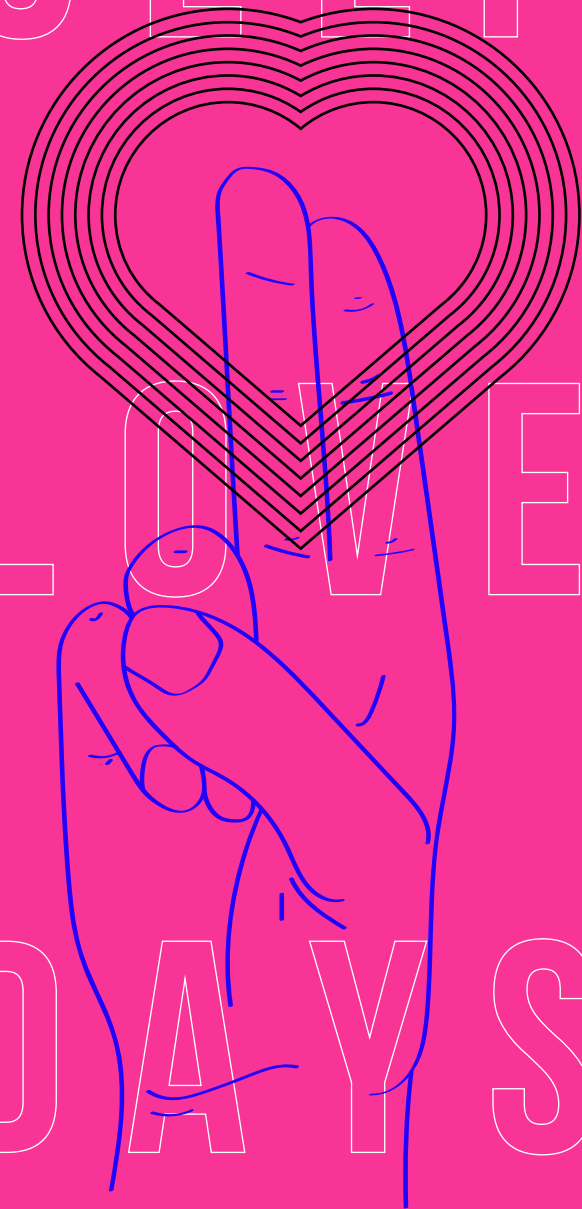
THIS IS A VERY POWERFUL AND HOT POSITION.  
SIT DOWN ON A HARD SURFACE AND LIFT YOUR HIP  
USING ONE HAND TO HOLD BEHIND YOU. ROCK YOUR  
HIPS AND MOVE UP AND DOWN WHILE YOU TOUCH  
YOUR CLITORIS WITH TWO FINGERS.

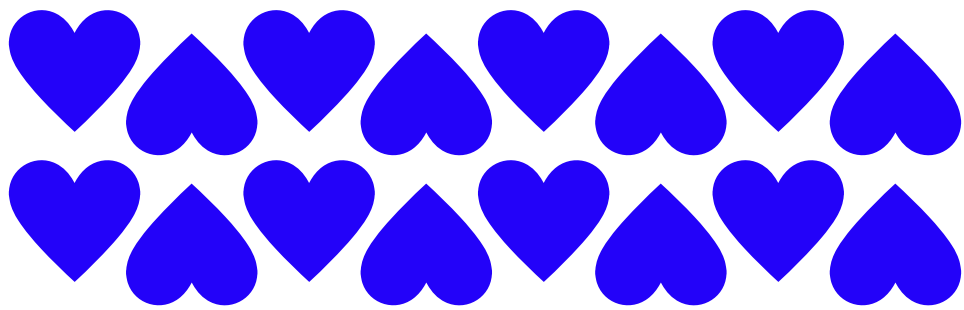


SELF

LOVE

DAYS





I AM GOING TO



WEAR LINGERIE



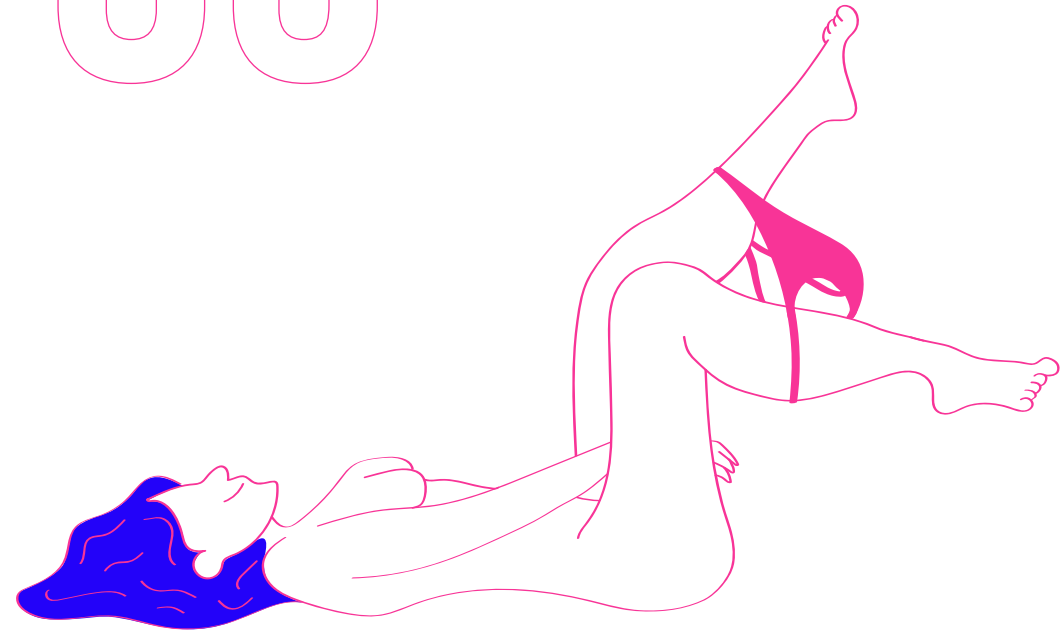
TONIGHT TO



SEDUCE MYSELF



IT'S VERY SIMILAR TO THE CLASSIC POSITION. BUT IT COMES WITH A BONUS. USE ONE HAND AS THE TRADITIONAL POSITION AND WITH THE SECOND ONE TOUCH YOUR VAGINA GOING UNDER YOUR BODY. CIRCLE THE FINGERS OF EACH HAND IN OPPOSITE DIRECTIONS. REQUIRES A LITTLE BIT ABILITY BUT AFTER YOU GET IT, YOUR LIFE IS CHANGED.



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

01

**MASTURBATION CAN HELP YOU TO LEARN WHAT YOU LIKE AND YOU DON'T LIKE SEXUALLY.** STUDY YOURSELF, WE CAN ASSURE IT WILL BE MUCH MORE INTERESTING THAN MATH.

02

**MASTURBATION IS A POWERFUL WEAPON AGAINST THE BAD DAYS.** IT RELEASES ENDORPHIN AND CAN HELP WITH STRESS RELIEF PUTTING YOU IN A GREAT MOOD. SO, WHY NOT ORGASM FOR BREAKFAST BEFORE YOU START YOUR DAY?

03

**IT MAY HELP INCREASE YOUR LIBIDO.** IT MEANS WHEN YOU TRY SOMETHING PLEASANT YOU WANT MORE AND MORE. IN THIS CASE, YOURSELF.

04

**IT HELPS TO SLEEP.** ORGASMS PHYSICALLY AND EMOTIONALLY RELIEVE TENSION AND EXHAUST THE BODY WHICH MEANS YOU FALL ASLEEP EASIER. IT'S LIKE THAT BORING TV SHOW, BUT NOT BORING. HAVE GOOD DREAMS.

05

**NO DOWNSIDES TO DOING IT.** THERE ARE NO NEGATIVE EFFECTS. YOU CAN'T GET PREGNANT, YOU DON'T NEED TO TAKE PILLS AND AFTERWARDS, THERE'S NO ONE SAYING "WAS IT GOOD FOR YOU BABY?"

06

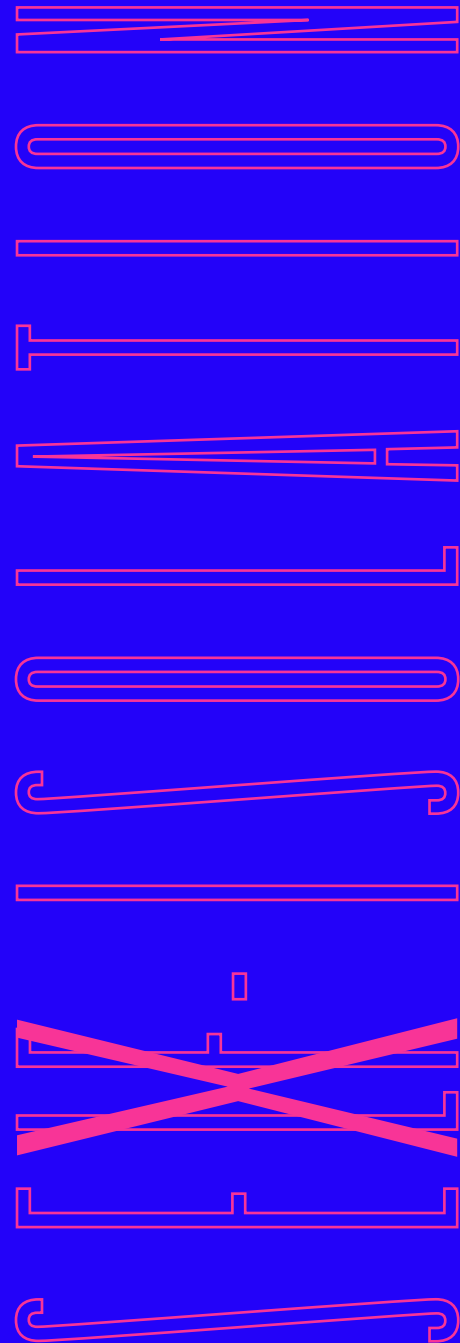
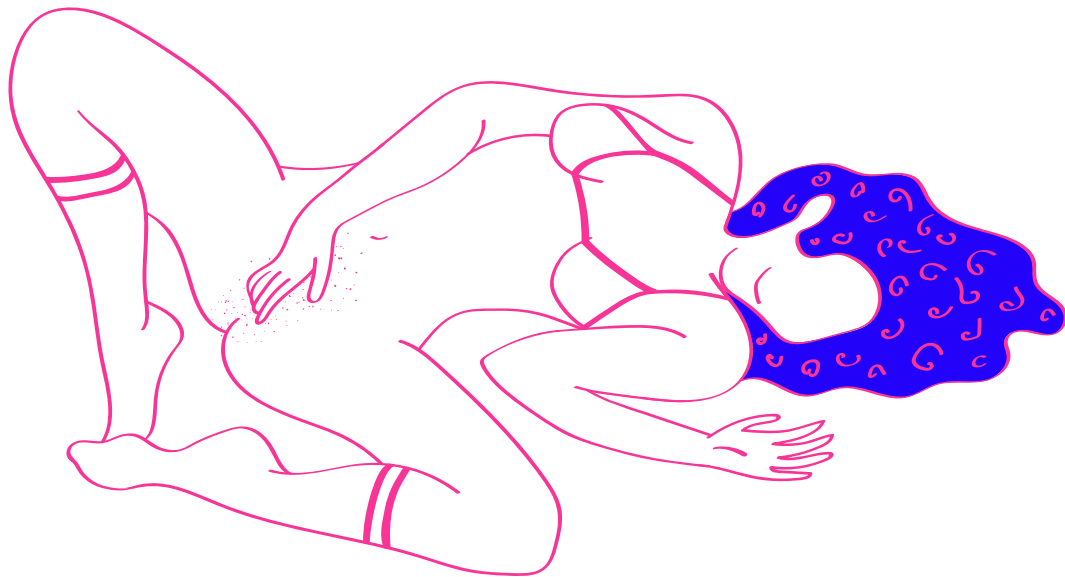
**YOU CAN HAVE MULTIPLE ORGASMS.** ALSO, YOU DON'T NEED TO PRETEND THAT YOU ARE HAVING ONE. THE MORE OFTEN YOU DO IT, THE BETTER YOU KNOW HOW TO PLEASURE YOUR BODY.

AT LAST BUT NOT LEAST. **IT'S SOOOOO GOOD!** IT'S AMAZING.

IT'S SIMPLE AND ONE OF THE MOST TRADITIONAL POSITIONS BUT THAT DOESN'T MEAN IT IS NOT AMAZING. LAY BACK IN A PILLOW OR CUSHION, SPREAD YOUR LEGS AND BEND YOUR KNEES UNTIL YOU FEEL COMFORTABLE. USE ONE OR TWO FINGERS. WHO SAID THE BREAD AND BUTTER CANNOT BE VERY TASTY?

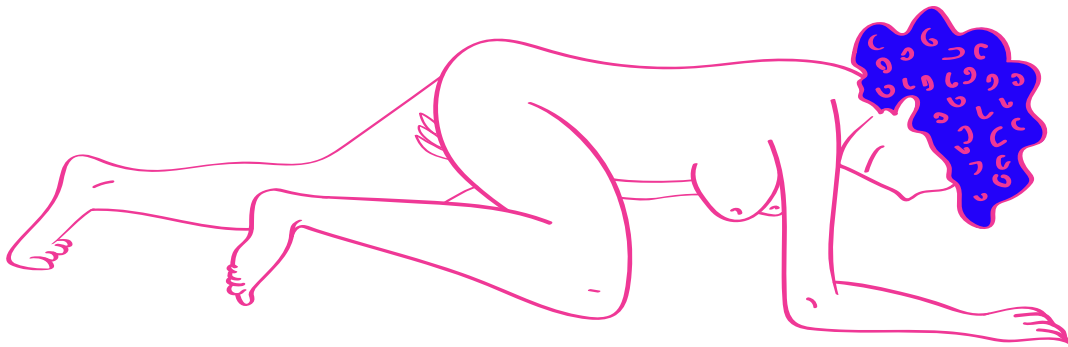
# 04

THE CLASSIC



# THE LIFT

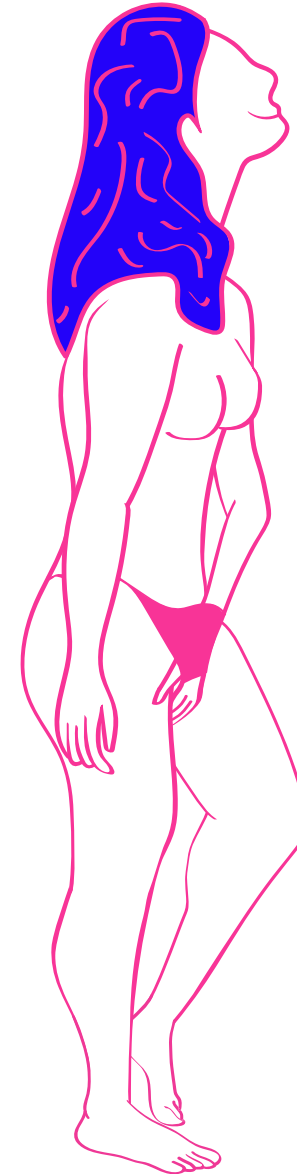
LAY DOWN ON YOUR BELLY AND REACH YOUR VAGINA WITH YOUR ARM UNDER YOUR BODY. SLIDE YOUR KNEES TO LIFT YOUR HIPS. PRESS YOUR CLITORIS WITH YOUR FINGER WHILE YOU MOVE YOUR HIP UP AND DOWN. KEEP MOVING, UP AND DOWN, UP AND DOWN AND YOU WILL SEE WHAT HAPPINESS MEANS.



OH BABY, I AM GOING TO MARRY MYSELF

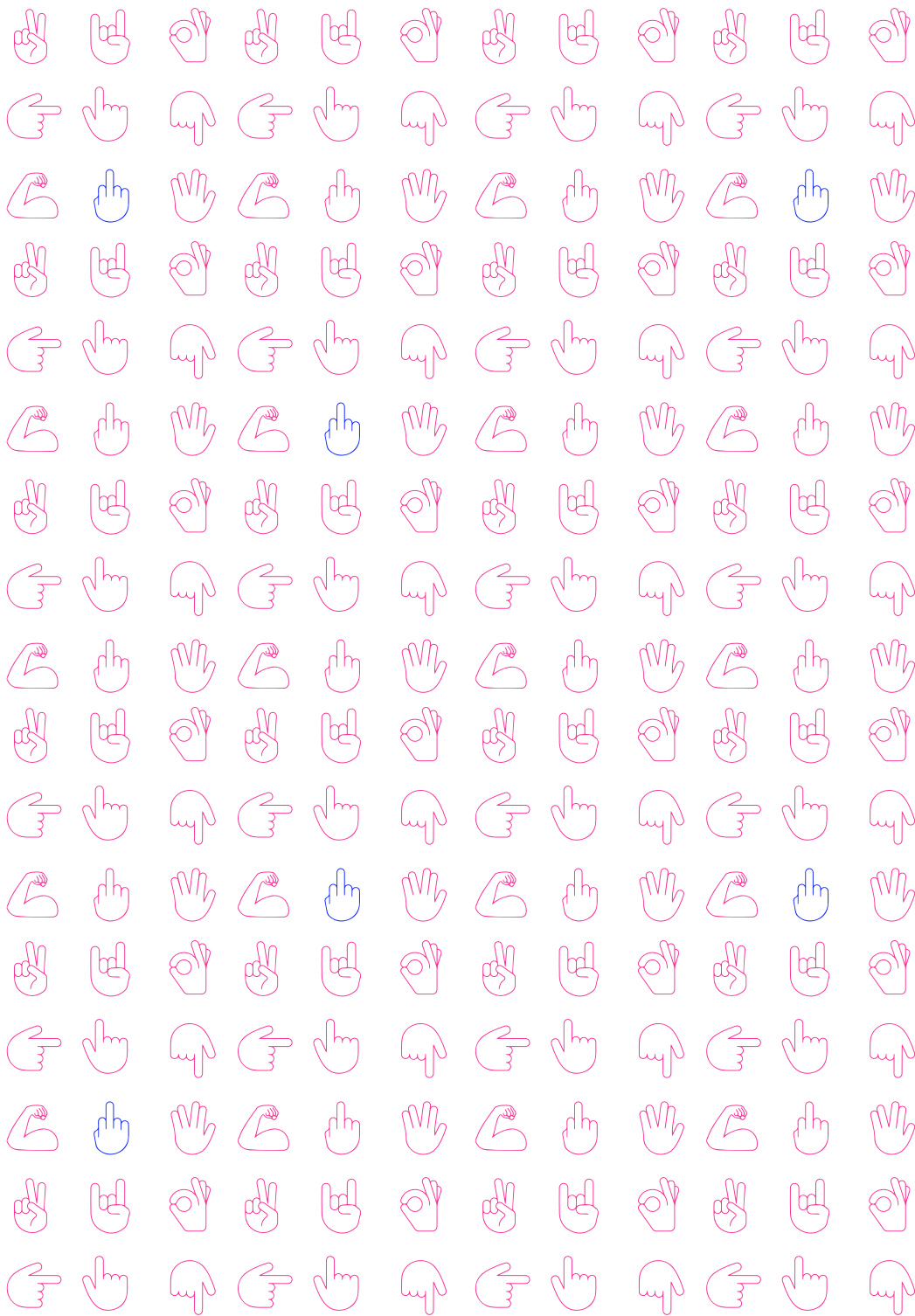
# OH WALL!

STAND AGAINST THE WALL AND WITH ONE HAND START TOUCHING YOUR VAGINA DELICATELY. USE THE OTHER HAND TO TOUCH YOURSELF AND GET EVEN MORE PLEASURE. YOU CAN DO THIS POSITION AT EVERY CORNER OF YOUR HOME OR TAKING A SHOWER AS WELL.





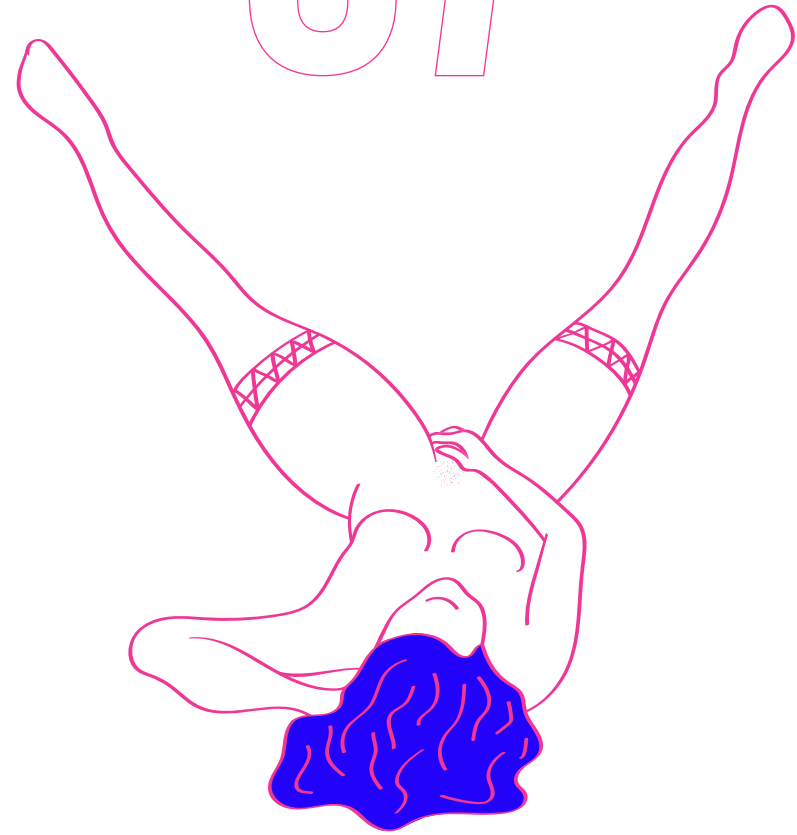
**LOVE**  
**YOURSELF**



LAY BACK ON YOUR BED  
OR WHERE YOU FEEL  
MORE COMFORTABLE.  
PUT YOUR LEGS UP AND  
AGAINST THE WALL  
THEN YOU KNOW WHAT  
YOU HAVE TO DO.

# 07 WATCHING THE STARS

ALSO, YOU CAN GET  
YOUR FAVOURITE TOY  
AND LET IT DO THE JOB  
FOR YOU. PUT THE TOY  
INSIDE YOUR VAGINA  
AND GO TO THE STARS.

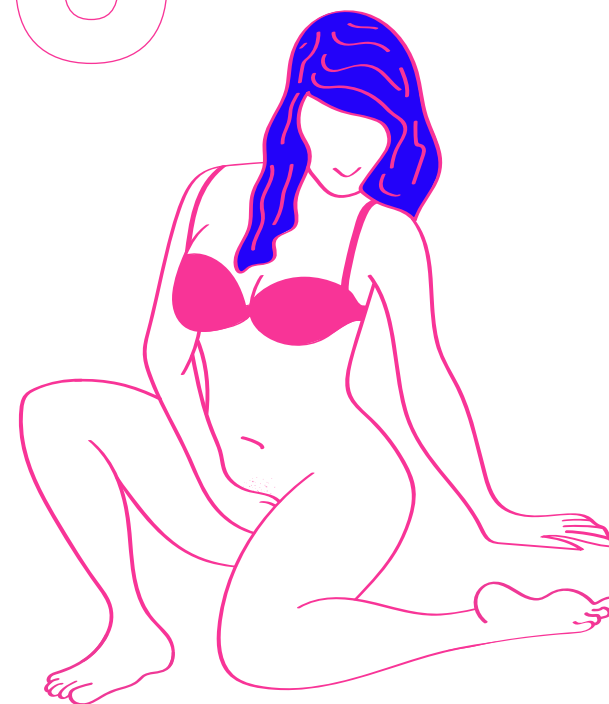


44 I AM  
LOSING  
MY MIND  
FOR  
MYSELF 44



K N E E C S T A S Y

GET DOWN ON ONE KNEE AND USE ONE HAND TO TOUCH CAREFULLY YOUR VAGINA. START WITH ONE FINGER AND AFTER A FEW TIMES, INTRODUCE THE SECOND ONE IF YOU FEEL COMFORTABLE TO DO IT. YOU CAN ALSO TRY IT WITH A DILDO. IT'S AWESOME. STILL HORNY? REPEAT PUTTING THE OTHER KNEE ON THE FLOOR.

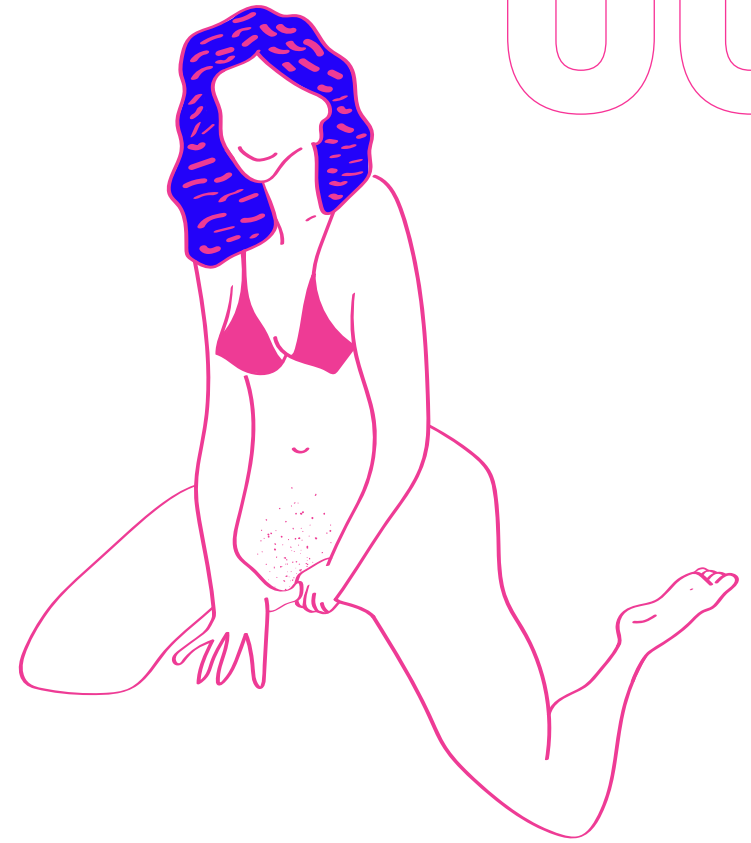


THIS POSITION MATCHES WITH POSITION #08 OF MEN'S GUIDE

**OH YES,  
I AM THE BEST  
I EVER HAD.**

GET DOWN ON YOUR KEENS. USE ONE HAND TO TOUCH YOUR VAGINA AND THE OTHER TO TOUCH YOURSELF. MAKE YOUR HIPS BACK AND FORTH. IF YOU LIKE, TRY TO REACH YOUR OTHER ORIFICE FROM THE BACK WITH THE OTHER HAND. IT IS UP TO YOU. IT'S LIKE HAVING A LOVER THAT NEVER ORGASMS BEFORE YOU.

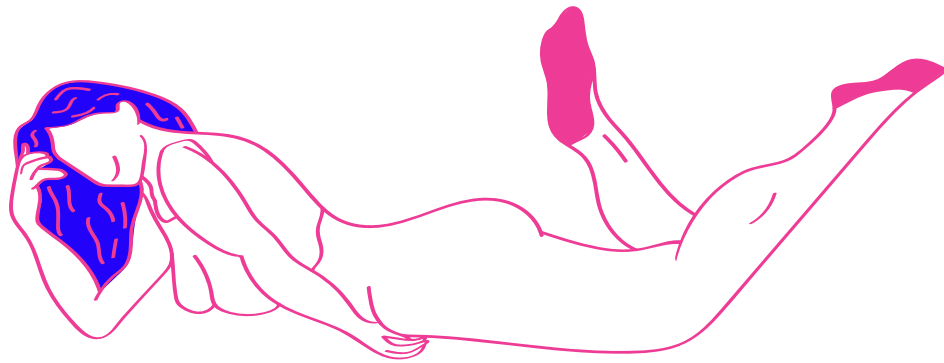
**THE  
PLACE  
TO  
BE**



# 10

## H O T S A N D W I C H

YOU AND THE BED ARE THE BREAD  
AND YOUR VAGINA IS THE YUMMY  
FILLING. LAY DOWN FACING TO THE  
BED AND REACH THE VAGINA WITH  
YOUR ARM UNDER YOUR BODY. THE  
PRESSURE OF THE BODY TOWARDS  
THE MATTRESS MAKES IT VERY  
STRONG AND ALSO, SO GOOOD.  
BON APPETIT.



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.

\*SEE THE POSITIONS' MATCHES ON EACH PAGE.

SOLO  
KAMA  
SUTRA