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Bondage in the BDSM subculture is the practice of consensually tying binding or restraining a partner for erotic aesthetic or somatosensory stimulation

A partner may be physically restrained in a variety of ways including the use of rope cuffs bondagetape or self adhering bandage. Bondage itself does not necessarily imply sadomasochism May 20 2025 What is bondage? Read on to learn more about this sexual activity such as the benefits and risks as well as tips and how to perform it safely Dec 10 2025 A single column knot is secure and won't tighten or collapse on its own or under pressure which makes it an ideal knot for bondage especially if it's part of your scene for your partner to struggle May 6 2025 If you're interested in bondage here are tips from a sex therapist and rope experts about knots consent and what to use In this episode we dive into the exciting and complex topic of bondage an intimate form of play that requires trust communication and a solid understanding of safety

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