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Have a (real) Ball with Kids Yoga Deck from Fun and Function

44 Illustrated Poses with Yoga + Ball Strengthen Coordination and Cooperation for Ages 3+

PHILADELPHIA– (March 22, 2012) - Kids can literally have a ball with the new yoga deck from Fun and Function, which delivers an innovative twist on an ancient tradition. **Yoga Deck for Kids On the Ball™** has 44 colorful yoga poses that each use a ball for dynamic challenges and extra support. The card deck is available online and at selected retail stores for \$15.95.

“I blended the movement of a ball with yoga to appeal to kids and open up their abilities for balance, focus and performance,” says Ilana Danneman, a physical therapist and yoga enthusiast who is the Director of Product Education and Innovation at Fun and Function. Yoga has extensive benefits for children, including those with special needs. “Decreased aggression, language development, and auditory skills are just a few,” she says. “Children love balls and, combined with yoga, it’s just plain fun.”

The front of each card shows Herbert, the mirthful mascot, in a range of yoga poses with a ball, from “Up, Up and Away” to “Where’s My Shoe?” The back of the card describes the position, the action, and modifications for children of different abilities. The easy-to-follow instructions highlight which poses build Balance, Calm, Strength, Stretch, and Social abilities. The ball provides a tactile surface for proprioceptive input, acting as a dynamic balancing point to challenge and support each pose.

“The deck is for inclusive play and exercise at home, in a gym, classroom or clinic,” says Danneman. The movements can be used for a 1-minute transition time between activities, for a full session, and everything in between. “Instructors and parents can show the deck’s visual cues to non-verbal children, read the instructions to those who prefer to listen, or take a multi-sensory approach with kinesthetic learners.” The kids yoga deck is designed to be used under adult supervision, for ages 3+.

Yoga Deck for Kids on the Ball can be purchased for \$15.95 at FunandFunction.com, on Amazon, and at toy stores and fitness centers. The balls are available in 5 sizes at

FunandFunction.com, and can be purchased with the Yoga Card Deck for a combined 5% discount.

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About Fun and Function

Fun and Function (www.funandfunction.com) offers skill-building toys for children of every ability, promoting inclusive play at home, in school, and outdoors. Sold online and in toy stores nationwide, Fun and Function's award-winning line includes language and social skills games, dress-up, foam scooters and inflatable products for active play, a rocket ship space tunnel, collectible chewies, clothing and accessories for sensory input, and more. Recommended by parents, pediatric therapists, and educators, Fun and Function helps children achieve their best and have fun at the same time. For more information or a free catalog, visit www.funandfunction.com, call 1-877-341-8062 or connect via Twitter, Facebook, and Pinterest.