

About Downward d20

Downward d20 was founded in 2016 to help launch D&D Yoga as part of the 2017 Toronto Fringe Festival. The company was created by Christine Desrochers, a certified yoga teacher and gaming enthusiast. D&D Yoga provides people with an immersive gaming experience through fusing a yoga practice with the imaginative elements of tabletop roleplay gaming. The company name plays on this concept, combining a name for a familiar yoga pose, downward dog, with the traditional short-hand name for a 20-sided die (d20) which is commonly used in tabletop roleplaying games like Dungeons & Dragons.

For more information about Downward d20 visit – www.facebook.com/Downwardd20

Founder and Lead Artist

Christine Desrochers is a certified Toronto yoga teacher and gaming aficionado. She was inspired to develop D&D Yoga to integrate these two seemingly different activities into a fun, active experience. She is excited to share this experimental production with the public.

Christine has been practicing yoga for over 12 years and completed her teacher training at Toronto's YogaSpace in 2014. She is now a local Toronto yoga instructor and enjoys teaching students of all levels. Her classes are creative and dynamic, inviting students to explore breath and movement.

Christine believes that truly great games both challenge and entertain us. Since discovering D&D, she has played and led multiple campaigns and loves the spirit of the game. Classic paper-and-pencil roleplaying engages our imaginations, challenges our minds, encourages social interaction, and inspires a sense of adventure.