

Root Yoga Opens in Uptown Oxford¹

Added by De'Asia Owens on October 2, 2015



For Katie Noble, head instructor and manager of Oxford's new Root Yoga studio, yoga is more than just a practice, it's a way of living. "It's been a wild journey, but I'm loving every minute of it," she said

At the age of eight, Noble went to her first yoga class at the Fitton Center in Hamilton. She continued her practice after college where she

then got into "Worthy Yoga," a spirit-led class that focuses on deepening the connection between students and Christianity.

Root offers a similar class called "Holy Yoga." The instructor reads a bible passage before each class to set students' hearts and minds on things beyond the business of their day. Although the yoga class is popular among those who practice their faith, Root offers other classes such as Basics of Yoga, Family Yoga, Gentle Flow, and so much more.

Above all, Noble said her goal is to create a community. "I think what makes us different is that we're here for so much more than the yoga. We're here to build a family." Noble said Root wants to be a safe place from "the culture of comparison and competition all around us." In order to do that, Noble said Root doesn't have any mirrors, they plan inclusive events and try to learn the names of everyone who attends their classes. "The ultimate goal is to encourage and support," she said.

Root Yoga is located at 22 West Park Place in uptown Oxford.

¹ Updated on 2.15.25 and broken links removed