



Michaela Kotarba

YOGA INSTRUCTOR

YOGA HISTORY

After 10 years of ebbing, flowing, and always coming back to the mat, I'm seeking a yoga community in Raleigh, NC. I'm most comfortable teaching vinyasa style classes, and I'm passionate about helping others find their own strength, curiosity, and freedom on the mat.

PROFESSIONAL EXPERIENCE

Product Manager, Customer Experience

Bandwidth — Raleigh, NC

Jan 2025–Present

- Building a positive experience for developers through feature requests, feedback, and face-to-face interaction
- Launched a new platform Bandwidth Build from the ground up, coordinating engineering, revenue, and marketing efforts
- Created and guided free vinyasa flows every Friday, bringing colleagues from across the business to practice together weekly

Researcher, Yoga and Mindfulness

Duke University, Durham, NC

Aug 2020–May 2021

- Conducted qualitative behavioral research into the value of Kundalini yoga and mindfulness for emotional regulation
- Planned the 2021 Embodied Learning Summit (*What is Yoga? Ancient Practice in a Modern World*), a virtual conference focused on yoga history and addressing cultural appropriation in yoga
- Coordinated pranayama, asana, and meditation workshops for the Embodied Learning Summit, including a keynote speech from yoga practitioner and advocate Susanna Barkataki

Dance Instructor

Dancer's Edge, Winston-Salem, NC

Aug 2014–May 2018

- Taught tap, jazz, and lyrical classes to students aged 3 to 17.
- Managed flow between classes and assisted with studio cleaning, performance planning, choreography, and event coordination

CONTACT

Phone

+1 (336)-749-9393

Email

michaelakotarba@gmail.com

Website

<https://michaelako.github.io/>

EDUCATION

Dose Yoga Studio

Raleigh, NC | March 2026

RYT-200 Teacher Training

Duke University,

Durham, NC | May 2022

Bachelor of Science,

Cognitive Computer Science

RELEVANT SKILLS

Vinyasa Sequencing

Communication

Collaboration

Creativity

Studio Etiquette

Strong Work Ethic