

About Suzanna

Suzanna Dupee is a Nationally Certified Bodyworker, a NC Licensed Massage and Bodywork Therapist, and a Yoga Alliance Registered Yoga Teacher. She is also an artist, an athlete, a poet, an activist, and a dreamer!

Suzanna grew up surrounded by movement and developed a love and awe for the wisdom and complexity of the human body at a very early age. At only 18 years old, she completed her massage therapy training at the Body Therapy Institute in Siler City, NC.

Since graduation, she has cultivated a deep interest in functional alignment principals. She is influenced by the work of Tom Myers' Anatomy Trains (structural integration) and draws extensively from this method. She continues to learn something new every day from the incredible physical therapists and trainers at Balanced Physical Therapy and Movement Studio.

Suzanna is also a student of Anusara Yoga, a system that emphasizes the importance of proper alignment in the prevention and healing of injuries in the body. She weaves the Anusara principals into her massage therapy practice.

An avid trail runner, swimmer, and cyclist herself, Suzanna loves working with athletes of all levels and abilities, and introducing them to the power of massage and yoga.



Sports Massage for Runners



- Increase Performance •
- Speed Recovery •
- Prevent & Heal Injuries •

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What is Sports Massage?

Sports Massage is a form of massage that is typically used before, during, and after athletic events.

Specific strokes are utilized to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and range of motion, and to prevent injuries.

Sports Massage differs from other massage techniques in that it directly targets and reduces tension in muscles and joints that are affected by athletic use and injury.

Elite athletes have benefited from massage for many years. Now, club athletes and active people of all levels are beginning to realize that they too can benefit from this work!



Sports Massage for Runners

The more you run, the more strain your muscles are under and the more beneficial massage can be. After a massage you will feel lighter, more powerful, more flexible, and those little aches and pains you thought were normal will be gone.

Other Benefits...

- Break up scar tissue that may have built up in your muscles.
- Improve blood flow to your muscles.
- Loosen muscles that have contracted (shortened) with continued use.
- Allow more oxygen to move into your muscles.
- Improve the flow of lymphatic fluid, which aids in healing.
- Reduce the chance of injury, through proper stretching, race preparation and through deep tissue massage.
- Improve range of motion and muscle flexibility, resulting in improved power and performance.

Taking It Home

As any athlete knows, consistency is key when it comes to making real changes in the body.

Suzanna works with each client to develop a personalized home program that includes stretching, yoga, and self-massage.

Contact & Scheduling

Please call or e-mail to schedule an appointment. You may also book online.

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