

Suzanna Dupee

Carrboro, North Carolina

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Qualifications Summary

A North Carolina Licensed Massage and Bodywork Therapist with six years of clinical experience specializing in sports and orthopedic massage. Five years in the health, fitness, and physical therapy fields, including personal training and graphic, web design, and marketing for small health and fitness facilities. Aspiring candidate for Doctor of Physical Therapy programs with a sincere passion for helping people achieve optimal health through therapeutic exercise, massage therapy, and yoga.

Education

The University of North Carolina at Chapel Hill
Bachelor of Arts in Exercise and Sport Science
GPA 3.85

Anticipated December 2012

The Body Therapy Institute
Massage Therapy Diploma Program

August 2006

Current Certifications and Licensure

National Certification Board for Massage and Bodywork Therapists
Nationally Certified in Therapeutic Massage and Bodywork

2006 – present

North Carolina Board of Massage and Bodywork Therapy
Licensed Massage and Bodywork Therapist

2006 – present

National Academy of Sports Medicine
Certified Personal Trainer
Performance Enhancement Specialist

2010 – present

Specialized Bicycle Components University
Body Geometry Fit Integration Technician (Bicycle Fitting)

2011 – present

Yoga Teacher Certifications
Yoga: Body, Mind, and Spirit Teacher Training
Anusara Yoga Level One Teacher Training with John Friend

2006 – present

Massage Therapy Experience

Suzanna Dupee Massage Therapy
Carrboro, North Carolina

October 2006 – present

Owner, Licensed Massage and Bodywork Therapist

- Specializing in orthopedic and sports massage
- Rated “Five Stars” on Google Places and Genbook with a total of 42 independent reviews
- Referral relationships with local physical therapists, physicians, athletic trainers and coaches, chiropractors, and other health practitioners
- Voted “Best Massage Therapist in Orange County” in the 2011 Chapel Hill Rose Awards
- Voted “Runner Up, Best Place to Get a Massage” in the 2011 Endurance Magazine “Best of the Triangle” Issue

Other Work Experience

Balanced Physical Therapy and Balanced Movement Studio
Carrboro, North Carolina
Creative Director

January 2007 – present

Balanced Movement Studio
Carrboro, North Carolina
Private and Group Yoga Instructor

May 2007 – present

The Bicycle Gallery
Jacksonville, North Carolina
Body Geometry FIT Technician

July 2011 – present

The Yoga Spot
Durham, North Carolina
Yoga Instructor

August 2007 – May 2008

Professional Organizations

Associated Bodywork and Massage Professionals
Professional Member

October 2006 – present

The Yoga Alliance
Registered Yoga Teacher

May 2007 – present

American Red Cross
CPR/AED for the Health Care Provider

August 2006 – present

Continuing Education

Anatomy Trains: Myofascial Meridians with Tom Myers
New York, New York
📄 www.anatomytrains.com

Proprioceptive Neuromuscular Facilitation
John Dean, MPT, ATC
📄 www.balancedpt.com

Anusara Yoga Immersion: Modules 1, 2, and 3
Chapel Hill, North Carolina
📄 www.thousandpetalsyoga.com

Active Isolated Stretching with Ben Benjamin
Siler City, North Carolina
📄 www.benbenjamin.com

Muscle Release Technique
Columbia, South Carolina
📄 www.mrtherapy.com

Friessen Physio Fitness Summit
Raleigh, North Carolina
📄 www.friessenphysiofitness.com

Anusara Yoga Level 1 Teacher Training with John Friend
Columbia, South Carolina
📄 www.anusara.com

Monthly Educational Company Meetings
Balanced Physical Therapy, Carrboro, North Carolina
📄 www.balancedpt.com

Orthopedic Massage Techniques
Orthopedic Massage Education and Research Institute
📄 www.omeri.com

Performance Enhancement for Health Professionals
The University of North Carolina at Chapel Hill and National Academy of Sports Medicine
📄 www.nasm.org

Honors and Awards

First Runner Up: Best Place to Get a Massage
Endurance Magazine "Best of the Triangle" Issue, December 2011

"Best Massage Therapist in Orange County"
Chapel Hill News Rose Awards, April 2011

Campus, Extracurricular, and Volunteer Activities

UNC Cycling Club

Women's Cycling Coordinator

UNC Triathlon Club

Member

UNC Pre-Physical Therapy Club

Member

Triangle Orthopedic Rehab Society

Member and Volunteer Web Developer

TrailHeads Trail Running Club

*Member and Volunteer,
Massage Therapy and Web Design*

Race Across America 2010

Volunteer Massage Therapist for Cyclists

Computer Skills

Adobe Illustrator

Adobe InDesign

Adobe Photoshop

Adobe Dreamweaver

Wordpress

Hand coding CSS / HTML

PHP

Typing Speed: 90 WPM