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LOCAL COMPANY SETS SIGHTS ON FIGHTING FLORIDA'S 'MOST STRESSED' RANKING

New locally-owned academy says it has what it takes to address the state's reputation as being the "most stressed state in America."

With today's ever increasing underemployment rates, environmental concerns, and health insurance woes it's easy to understand why Florida tops the list of most stressed states according to the real estate blog Movoto. But the newly formed Elite Academy of Music and Motion, located in Ormond Beach, looks to be a source of calm amidst the storm by introducing a multi-pronged approach to the extracurricular learning environment.

It is commonly known that both music and exercise are key factors in reducing stress, and by adding art to the mix Damian Bonazzoli, director of the Elite Academy of Music and Motion, has created a haven of sorts whereby students from all walks of life are welcome to explore their own creativity. "The Academy is a sanctuary, really. We have high standards for our students, but at the same time, we always maintain a welcoming attitude. There's a dedication to excellence as well as feeling of peace and belonging here." states Bonazzoli.

To further the relaxation efforts, Donna Rodrigues, a YogaFit certified yoga instructor with the Academy has her own way of fighting stress. "You'll find passion and dedication among our instructors. We try to create a tranquil atmosphere to allow for different journeys to our own personal, peaceful places".

The Elite Academy of Music and Motion was founded as a tranquil gathering place for artists and learners of all ages and disciplines. Under one roof, a dedicated learner will find common ground with musicians, martial artists, yogi, painters, and performing artists of all feather.

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If you'd like more information about the academy, or to schedule an interview with Damian Bonazzoli, please call Brianna Cassisi at 407/712-4099 or email bcassisi@gmail.com.