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BARBARA SCHLURAFF CENTURY 21 OCEAN

Barbara Schluraff has strategically assembled a team of professionals that give attention to every detail. Whether purchasing or selling a luxury home, commercial investment or real estate purchase, she and her team members ensure their customers receive thorough market advice and analysis in the decision-making process before settling on purchasing. After opening the brokerage in 2014, Barbara quickly realized the limitations of having a traditional brokerage in a rapidly changing real estate industry. With increasing pressure to perform for many banks, and the knowledge that individuals need in different areas, she decided it was in the best interest of the agent and the customer to adapt the business concept. Barbara and her team personally meet with real estate as an asset without. So, whether used as a primary residence, commercial property, investment to flip, lease and hold, their eye is always on market trends, financing options and negotiating skills. The goal for their customers is the same, achieving the desired marketing techniques and unparalleled customer service with a focus on every detail.

WHERE THE SCIENCE OF REAL ESTATE MEETS THE ART OF CUSTOMER SERVICE

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EXPERIENCE

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- Extensive experience in Real Estate
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NEW LOCATION, SAME PASSION Pat Murray brings Bikram Yoga's benefits to Fort Pierce

Pat Murray recently celebrated Indian River Bikram Yoga's one-year anniversary at its new location at Seaway Plaza on the corner of North U.S. Highway 1 and Seaway Drive in Fort Pierce after spending the previous five years in Vero Beach. So far, the move and reception have been quite positive, says Murray, the personal certified instructor and studio owner. "I really like Fort Pierce," says Murray, who discovered the benefits of Bikram Yoga in 2010 while working in the Bay Area of California and is now in her seventh year of teaching. "I like the area. And like that it's near downtown. It seems to be up and coming with a lot of growth in progress (including the \$140-million Kings Landing mixed-use development)." There are many styles of yoga to choose from, but Bikram Yoga is a system of yoga that Bikram Choudhury synthesized from traditional Hatha Yoga techniques and popularized in the United States, beginning in the early 1970s.



Bikram Yoga, also referred to as hot yoga, follows a sequence of 26 postures and two breathing exercises each time you attend a class.



Indian River Bikram Yoga studio owner Pat Murray is a certified yoga instructor.

Informative Indianriverbikram.com website. She also holds a chair class on Thursdays from 11 to 11:45 a.m. There's no heat and postures are modified to support any age or fitness level. The studio can accommodate 16 students, although most class sizes are around eight. Murray does offer private lessons. "Whether you've been practicing for the first time or you've been practicing for 10 years, we're all in the same room," Murray says. "It's the same — the same 26 postures, and two breathing exercises. We work on strength, flexibility and precision in the postures."

As for the number of sessions one usually attends, it varies. "It depends on your goals and availability," says Murray, who gave up in the Miami area. "Attending three to four times a week is best for maximum results. The yoga does not give you anything beyond what you already have. It opens, sheds, peels away, releases tension in areas where we feel tight. The mind and body feel lighter and calmer through stretching, compressing, and releasing the body to maximum relaxation. It teaches us to patient with ourselves and trust the process." Repeating the process is what takes time. The more you come, the more you will notice the difference in your body."



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SOLID COMMITMENT



Udilla's Real Stone Monuments is special relationship with veterans

When Udilla's Real Stone Monuments was founded in 2014, it was a small business with a big mission. The company, which specializes in creating stone monuments for veterans, has since grown into a thriving business. The company's founder, David Udilla, is a veteran himself and has a deep understanding of the needs of veterans and their families. He has created a supportive environment for his employees, many of whom are also veterans. The company's commitment to quality and customer service has led to a steady increase in business over the years.



Udilla's Real Stone Monuments has built a solid relationship with veterans and their families.

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ABOUT OUR ADVERTORIAL WRITER



Maria Sonnenberg is a prolific writer and proofer for Indian River Media Group and an adjunct professor at Florida Institute of Technology's Nathan M. Bisk College of Business. When not writing, teaching or traveling, she can be found waging a one-woman war against her lawn and futilely attempting to maintain order among the chaos of a pack of extremely clueless wirehair dachshunds and an angst-driven basset hound.

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