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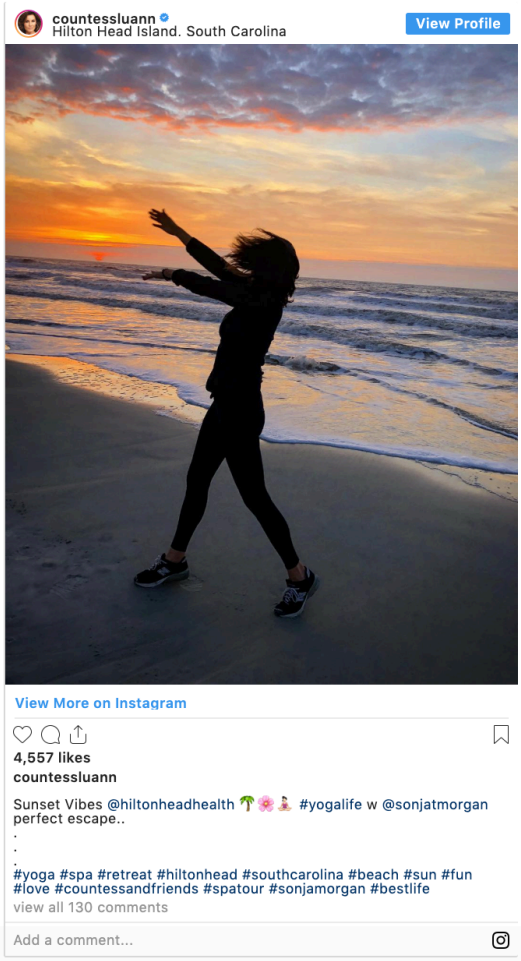
Luann de Lesseps and Sonja Morgan Had "a Healthy and Fabulous" Weekend — And Now Luann Is Ready For...

The Real Housewives of New York City BFFs are all about girl power.

BY JOCELYN VENA

We're only *days* away from the Season 10 premiere of *The Real Housewives of New York City*, and to prep for the big premiere, Luann de Lesseps and Sonja Morgan got in some BFF time in Hilton Head, South Carolina over the weekend. "Such a healthy & fabulous weekend with @SonjatMorgan at the Hilton Head Health. Glad to be back in #nyc now ready for the #rhony Season 10 premiere Wed!!!" Luann tweeted about the getaway, adding, "#yogalife w @sonjatmorgan perfect escape."

Sonja also reflected on their hangout session on Instagram. She wrote, "Look who came down country to join me at @HiltonHeadHealth to continue our spiritual journey and healthy path. Lu being an early riser has me up for sunrise and yoga on the beach! Thanks ma fren! What do you guys like to do with your friends. Love to hear? Bridge? Bowling? Tennis? Because we always have a greeeat tiiiime! #Countessandfriends #SonjaMorganNewyork #RHONY."



Luann and Sonja have definitely been embracing yoga as of late. Back in March, they attended a retreat at Kripalu Center for Yoga and Health in Stockbridge, Massachusetts. And following a stay at an alcohol treatment center and pledging to a "committed to a transformative and hopeful 2018," Ms. de Lesseps has not been shy about posting photos of herself doing all kinds of moves and giving us major fitness inspiration in the process.

In between yoga sessions, you can check out Luann, Sonja, and the rest of the Big Apple crew when *RHONY* premieres Wednesday at 9/8c. Preview some of the magic above and below.