**Reflection on Migrating and Running Containers on Managed Services Labs**

In the first lab, I learned to migrate a web application to Docker containers. This involved creating a Dockerfile, building Docker images, and managing containers. I also integrated the application with Amazon Elastic Container Registry (ECR) for image storage and management. This experience demonstrated the advantages of Docker, such as enhanced application portability and scalability.

In the second lab, I expanded my skills by deploying the containerized application using managed AWS services. I set up a new Amazon RDS instance and connected it to the application via Aurora Serverless, offering a scalable and cost-effective database solution. Additionally, I deployed the web tier with AWS Elastic Beanstalk and configured an API Gateway endpoint for communication. This lab highlighted how managed services can reduce manual maintenance and improve scalability, showcasing a more efficient method for application deployment and management.

Overall, these labs illustrated the benefits of containerization and managed services in modernizing and simplifying application infrastructure.