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Micki Havard / MickiPhit

Wellness Influencer

Hi, i'm Micki and I have over 20 years experience as a Pilates instructor and Wellness professional. I have an Online Pilates Studio, Fitness app and I wrote an inclusive Pilates book this year! My aim is to share the gift of wellness with as many people as possible. I love to merge my passion for wellness, beauty and fashion and share with my audience.



130K



2K



1.5K



24K