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2008 BUSINESS ACHIEVERS
WINNERS SPECIAL EDITION

Despair turns to triumph

Dancer in dream start

By DESIREE DUNCAN

CRIPPLING injuries and a tattered career are a distant memory for Kylie Watson, proving there are miracles to be made in new beginnings.

Just seven months after opening, her Bikram Yoga Capalaba studio has been named New Business of the Year at the 2008 *Wynnum Herald* Business Achiever Awards.

Her win has followed a four-year struggle from the brink of despair, after watching her professional dancing career crumble.

In 2003, Ms Watson injured her right shoulder during her routine on a Caribbean cruise ship. "My head fell to my chest and I thought: 'Oh no, something is wrong here'," she said.

Ms Watson said her worst fears were confirmed and her 12-year career was over because of two torn cervical vertebrae.

"I was a wreck - I thought: 'What the hell am I going to do'."

Back in Brisbane and bedridden, she recalled hearing Bikram yoga was "good for old injuries".

Shored up with painkillers, she returned to Sydney set on turning her attention to acting and tried out the yoga.

"The first couple of classes I bawled my eyes out - but then after a few weeks I really learnt to let go of everything going on inside my head," Ms Watson said.

A year later she flew to Los Angeles for yoga instruction and opened her own practice in February.

■ New start .. jubilant award winner Kylie Watson, and inset, in her yoga studio.



All the winners, photos from the big night >> Page 5

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