

io!



“Clean Air”  
Today? At  
Brumlovka  
24/7!

io!



Brumlovka  
Changes Its  
Elevation

Brumlovka

## “Clean Air” Today?

At Brumlovka 24/7, further investments into a quality working environment

Yes, that is correct, Brumlovka also changes its elevation. Ionization was newly installed into majority of buildings managed by the Passerinvest company.

Among other things, the omnipresent electronic devices affect indoor air quality, as they cause a loss of negatively-charged ions. Air saturated with positive ions causes fatigue and a feeling of “stuffy” air, while in sensitive individuals it can also lead to headaches, anxiety, problems with sleep and an overall weakening of the immune system.

Ionization enriches the air with negative ions, eliminating concentrations of viruses, bacteria, impurities and odours, thanks to which the indoor environment corresponds with air quality values in coastal and mountain areas. Ionisation significantly improves the quality and comfort of the working environment and thus brings positive effects on the human organism – it facilitates breathing, improves performance, concentration and thus general mental and physical well-being.

More info about Ionization at Brumlovka [HERE](#).

Filadelfie building



# Workshop: Well-fitting outfits with Meera

**When:** Wednesday, March 1, from 5:30 pm

**Where:** Meera Design, Filadelfie building, Želetavská 1525/1

**Price:** CZK 350    **Capacity:** 6 people

Create your dream outfit! The experts at Meera Design will help you combine designs, colours and materials so that the resulting outfit will make you feel absolutely divine and flatter your figure. Choose from the most amazing and softest materials. Everything will be tailored specifically to you. Bring a friend and come to the Outfit workshop at Meera.

Due to limited capacity, reservations can be made by emailing [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz).

Payment for the workshop on site in cash.

**Brumlovka.**

Workshop.



## Well-fitting outfits with MEERA



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**Passerinvest**

Dance Lessons.



## Dance Lessons at Brumlovka



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Filadelfie building

## Dance Lessons at Brumlovka

**When:** Wednesday, March 8, from 7:00 pm, dance floor from 8:00 pm

**Where:** Sommellerie, Filadelfie building, Želetavská 1525/1

March's energetic dance lesson will be dedicated to JIVE. JIVE is unique because it combines different styles of music and dancing. Come and dance the fastest of Latin American dances, which will energise you with its temperament and energy.

The dance teacher is Lenka Nora Návorková, champion of the Czech Republic several times in Latin American dance, winner of StarDance 2018, and the dance partner of Mirai Navrátil in the past season of this popular television competition.

**Brumlovka.**

Brumlovka Square

# Fresh Food Festival

**When:** Thursday, March 9, from 11:00 am to 3:00 pm

**Where:** Brumlovka Square, Vyskočilova 1100/2

Winter is fading and spring is knocking on the door - come and celebrate the arrival of spring with us. You are cordially invited to Brumlovka Square where you will be able to taste a variety of fresh delicacies such as poké, salads, raw balls, Indonesian specialities, jams, honeys and chutneys or buy fresh eggs from the farmer.

A cultural programme in the form of a music performance will be prepared for you during the afternoon.

**Brumlovka.**

**Festival.**



# Fresh Food Festival



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**Passerinvest**

Traveler's Evening.



## Cuba - Pearl of the Caribbean



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Filadelfie building

## Traveler's Evening: Cuba - Pearl of the Caribbean

**When:** Wednesday, March 15, from 5:30 pm

**Where:** Sommellerie, Filadelfie building, Želetavská 1525/1

Cuba is the largest and most diverse island in the Caribbean. The country is a great living museum of its entire history, which you can feel every step you take. Cuba is an island full of life, rhythmic dancing, captivating music, excellent rum, fragrant cigars, beautiful colonial monuments, historic cars, regal palm trees, romantic beaches with an azure sea and, most importantly, pleasant and friendly people. It's a paradise on earth, living its own special, but beautiful life!

Mr Miloslav Martan, traveler, photographer and co-owner of a travel agency, will tell us all about the charms of this amazing, unique and unforgettable country.

Brumlovka.

Brumlovka building



# Coffee Perk: Rum tasting

**When:** Thursday, March 16, from 6:00 pm

**Where:** Coffee Perk, Brumlovka building, Vyskočilova 1100/2

**Price:** CZK 750/person

Do you enjoy rum and would you like to know more about it? Join us on a unique journey into the exotic world of rum. Filip Jančárek, a professional bartender with 15 years of experience in prestigious cocktail bars in Prague and instructor, will guide us through the history of rum and its production processes. We will be introduced to the different styles and their characteristics, which we can compare ourselves during a tasting together.

We'll tell you how to best enjoy the different types of rum and how to navigate their classification. Join us and experience the magic of the variety of flavours and aromas of this mythical sugar cane liquor.

Rum samples (2 cl): Clairin Casimir 2020, Haiti | Trois Rivières VSOP, Martinique | Appleton Estate 12 Y.O., Jamaica | Hampden Estate 8 Y.O. Jamaica | Plantation XO 20th Anniversary, Barbados | Don Papa Baroco, Philippines.

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**Brumlovka.**

Tasting.



# Coffee Perk: Rum tasting



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**Passerinvest**

Women 26–36  
Men 29–39

*smart.dating*



## Speed Dating for Expats



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Passerinvest

Brumlovka building



# Speed Dating for Expats, English only

age group: women 26–36, men 29–39

**When:** Wednesday, March 22, from 6:00 pm

**Where:** Coffee Perk, Brumlovka building, Vyskočilova 1100/2

**Price:** CZK 440/person USE THE "BRUMLOVKA" CODE

In cooperation with the Smart Dating agency, we are organizing speed-dating night for expats. Speed dating is a fast, clever date where you meet 10 - 12 potential partners in one night and you finally decide if you want to see the one again.

**TIME SCHEDULE** 6:00 pm Check-in | 6:30 pm Your first date | 8:00 pm The end.

More info at: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz). Registration directly at [smart-dating.cz/terminy/](https://smart-dating.cz/terminy/)

**Brumlovka.**

Brumlovka



# Brumlovka Talks

**When:** Wednesday, March 29, from 6:00 pm

**Where:** online on Brumlovka FB profile

Brumlovka Talks is our talk show, where we invite personalities, whom we feel have something to say and whose work or personal life is somehow associated with Brumlovka.

**This month: Patrik Nehyba, Chaplain**

A Christian, a husband, and also a fitness trainer - that is how Patrik Nehyba introduces himself when you ask him who he is. He was born in Slovakia and, after studying theology, he married and settled in the Czech Republic. He served as a pastor for several years and is currently working with the Maranatha organization. He will also newly expand his ministry with the role of Chaplain at Brumlovka.

The show is hosted by Eduard Forejt.

**Brumlovka.**

**Talkshow.**



## Brumlovka Talks Patrik Nehyba



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**Passerinvest**

Workshop.

balance  
club  
BRUMLOVKA



## Stress - positive or negative stimulus



Please use the "Instant translation" function in your Translate App to read this poster in other suitable language. English version of all Brumlovka activities are to be found also at [brumlovka.cz](http://brumlovka.cz)

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Beta building



## Workshop: Stress - positive or negative stimulus

**When:** Thursday, March 29, from 6:00 pm

**Where:** FLEKSI Beta, Beta building, Vyskočilova 1481/4

**Price:** CZK 150/person (members of FLEKSI, Balance Club Brumlovka and Benefit Klub Brumlovka FREE OF CHARGE)

Stress is our developmental adaptation to sudden threats to our life. In the past, this set of mechanisms saved our lives, in combat, defence, or in times of food shortages or low temperatures for example. It is a set of very archaic mechanisms that we have in common with dinosaurs for instance. Come to a unique seminar where you will discover how to manage stress and even use it to your advantage.

The lecturer is Doc. RNDr. PhDr. Ing. Jana Jaklová Dytřtová, Ph.D., a researcher at the Institute of Organic Chemistry and Biochemistry of the CAS and Vice Dean for Science and Research at the Faculty of Physical Education and Sport at Charles University, where she is engaged in examining the effects of stress on the body and the search for a biochemical signature typical for healthy movement.

Due to limited capacity, reservations can be made by emailing [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz). Payment for the workshop on site in cash.

Brumlovka.

Filadelfie building

# Workshop: Easter wreath

**When:** Thursday, March 30, from 5:30 pm

**Where:** Sommellerie, Filadelfie building, Želetavská 1525/1

**Price:** CZK 750/person **Capacity:** 10 – 20 osob

Come and make your own Easter wreath to use as the perfect decoration for your door or home. We'll help you make it and give you hints and tips on how to embellish the wreath. The price of the course includes a wicker body, natural materials, Easter decorations, florist materials and loan of working tools. You'll take the wreath you make home with you. The course is also suitable for beginners.

On the day of the workshop, participants can claim a 10% discount on all products at the Květiny Romantika shop.

Due to limited capacity, reservations can be made by emailing [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz).

Payment for the workshop on site in cash.

**Brumlovka.**

**Workshop.**



## Easter wreath



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**Passerinvest**

Sport.



Brumlovka

## Regular Sports Activities

The lecturers for the March programme and the times of sports activities are now stable. So we are currently operating in the established mode.

### Running Lessons with Puma

**When:** every Tuesday from 5:30 pm

**Where:** meeting at 5:20 pm at Beta building reception, Vyskočilova 1481/4

Running lessons are led in two groups for beginners and experienced runners by instructors and bloggers from running2.cz Soňa Hrabec Kotulová and Michal Hrabec.

### Yoga for the Public

**When:** every Thursday from 7:00 am

**Where:** retail unit in the Budova G building, Michelská 58, entrance from the Baarova Street

A classic yoga lesson for beginners and advanced students of all ages with new teacher Vendula Prokopová. Own exercise mat required.



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Brumlovka.

Brumlovka

# Save the Date: Brumlovka Football Cup

Time to practise!

**When:** Friday, June 16, from 8:00 am

**Where:** FK Slavoj Vyšehrad, Mikuláše z Husí 1709, Praha 4

The traditional football tournament for companies based at Brumlovka will take place this year on Friday, June 16 on the FK Slavoj Vyšehrad football pitch.

The tournament is intended for all our tenants who are sports enthusiasts (men and women). Games are divided into two seven-minute halves and are played, according to indoor football rules, i.e., with five players and a goalkeeper and four substitutes.

The full tournament rules can be **downloaded** [HERE](#).

**Brumlovka.**

Tournament.



# Brumlovka Football Cup 2023



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Passerinvest



Filadelfie building

# BODY EXPRESS

More attractive times- two new machines!  
Tone your body for summer!

You have the opportunity to come and try EMS exercises in the Filadelfie building. Thanks to the addition of two more machines to the studio, even the most popular afternoon slots are now free again.

This means you can try out a modern exercise technology, tone your muscles, strengthen your core, eliminate back pain, or „just“ get in great shape.

Electrical muscle stimulation uses weak impulses to activate the whole body. 20 minutes once a week is sufficient for your body to achieve the necessary amount of exercise to make it toned and active, burn an increased amount of energy and start losing weight.

## BODY EXPRESS

- Monday – Friday 8:00 am-7:00 pm
- Saturday 10:00 am-2:00 pm
- Book your trial lesson at 774 431 083

More information and booking via **form** [HERE](#).

Beta building

# New meeting rooms and event spaces at FLEKSI Beta

Another floor has been completed at the FLEKSI branch in the Beta building, which primarily houses meeting rooms and event spaces. The entrance is direct from the Za Brumlovkou public car park. You can hold partner events, press conferences or product launches here.

Are you expanding your team or looking for new jobs, and renting meeting rooms on a daily basis is not the right option for you? The FLEKSI Business Centre also offers fully serviced offices and coworking spaces.

If you are interested in a tour, please contact the FLEKSI team at [info@fleksi.cz](mailto:info@fleksi.cz) or call 720 730 000.





Olivka building

# Spring at Café Parkofka

Welcome spring together at Parkofka with delicious DoubleShot coffee and homemade goodies. Enjoy the macarons, which have also been dressed up in spring colours. The Parkofka café will also soon offer homemade ice cream. Vanilla is a classic, but the RAW fruit sorbets are something you simply must try.

Café Parkofka will be open all week long from March 6!  
Opening hours will be extended to Monday-Friday 8 am - 7 pm,  
Saturday-Sunday 10 am - 7 pm.

Café Parkofka can be found in the Olivka building, in the immediate vicinity of Brumlovka Park.



Brumlovka building

# Corporate catering from Coffee Perk

Coffee Perk is not just about coffee. In cooperation with Belcredi Bistro & Bar, they will also prepare catering for your company. Meeting? Guests from abroad? Project presentation? Or just an event with colleagues? After work fun?

No problem, Coffee Perk will cater every event for you for.





Brumlovka building

# Spring boost from the Maranatha Health Food shop

February and March are the ideal time to do something for your physical and mental health. The Maranatha Health Food shop offers a variety of supplemental products.

One example is the range of unique natural “shots”, which are a blend of natural, 100% organic ingredients, and provide a combination of minerals, vitamins, proteins and antioxidants from around the world and are therefore a great nutritional supplement to combat spring fatigue.

Kombe tea, which contains Korean six-year-old red ginseng root, counteracts work stress. Among other things, it inhibits cell death, slows down cell ageing, energizes the body and mind, reduces mental fatigue and improves problem-solving ability, supports immunity and the body’s immune system, improves memory, concentration and the speed of thought processes.



Alpha building

# Spring collection full of fresh colours at Papýrek

March at Papýrek will be in the spirit of pastel colours (we have had enough of winter:-)) and that's why we have a special offer of attractive prices for the PASTELINI range. Come and see us, we look forward to seeing you at Papýrek.

The Papýrek shop will be adjusting its opening hours from March.  
The shop will now be open Monday-Friday 9:00 am - 5:30 pm

Papýrek

PASTELINI



Papýrek

Kancelářské produkty  
**PASTELINI**  
za atraktivní ceny

Platnost nabídky  
od 1. 3. do 30. 4. 2023



Filadelfie building

## Meera Design “AWAKENED” fashion show

**When:** Sunday, March 26, from 5:00 pm

**Where:** Filadelfie building, Želetavská 1525/1

**Price:** CZK 390/person

Dear women, do you want to get ready for spring by wearing a new, flattering outfit? Do you also find that dress sizes don't quite fit you and you make compromises in your choice of clothes? We don't compromise at Meera Design. Outfits are tailored to you, according to your wishes and preferences and also in colours that suit you. Meera Design cordially invites you to the “Awakened” fashion show, where it will welcome spring and where you will be able to see models made from new, super pleasant materials and colours.

Don't miss the opportunity to have fun, gain inspiration for changing your wardrobe and enjoy meeting people in an environment full of female energy and beauty!

March is alive at Meera Design. There will be a workshop on March 1 (see information above) and the popular Women's Day will be held on March 8. **More information [HERE](#).**

Budova B building

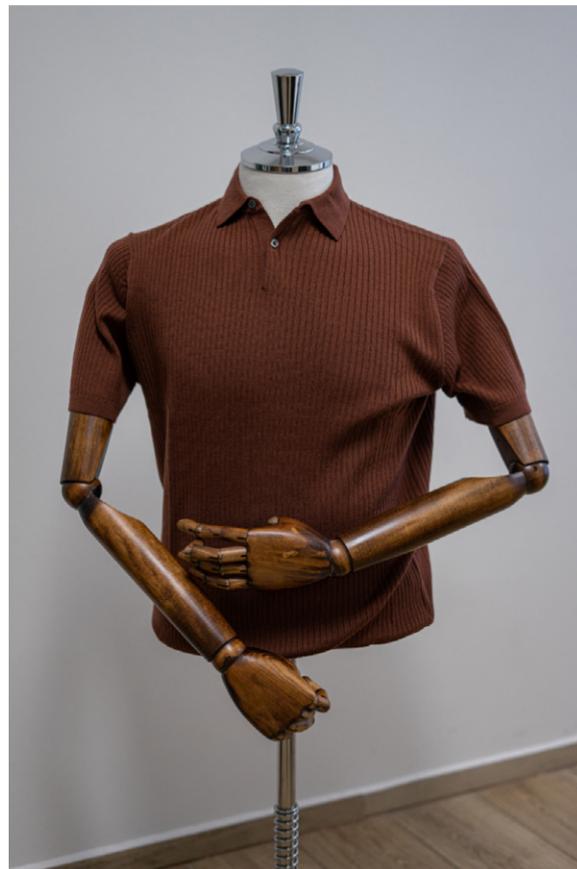
# Spring outfit from Anthony's

There's a lot of news at Anthony's in March. At the shop you'll be able to find knitted polo shirts made of fine merino wool in several colours, new designs of non-iron shirts and casual t-shirts made from cotton and linen, which are perfect for warmer days, because linen has one great property, namely that it is pleasantly cool.

The icing on the cake is two new suits complemented by vests. The vests also do not have a "shiny" back, which is made from the same fabric as the front part, so they can be worn separately, with chinos for example. Come and check us out, so you don't miss any of the news at Anthony's.

The whole team from Anthony's Brumlovka are looking forward to seeing you.

ANTHONY'S  
/ LONDON





Filadelfie building

# Make life easier for colleagues at work with online cleaning services

You can also use the services of We Hate Ironing online dry cleaning at your company. Drivers will pick up your laundry at your workplace at regular times, saving your colleagues a lot of time and hassle. Laundry, cleaning or ironing can now be offered as a great employee benefit with regular collections from your chosen address.

 WE HATE IRONING

Brumlovka building

# Preventive eye health examinations for our children

The number of children with myopia (short-sightedness) is rising rapidly. It is estimated that more than 50 % of the population will have myopia by 2050. If you've noticed that your child has poor distance vision or is having trouble concentrating at school or stumbling, have their eyesight checked. It may just be myopia.

Miyosmart lenses are an effective way to slow the progression of myopia in children. You can get more information from the Lens Optik opticians in the Brumlovka building.

**Lens Optik - authorised dealer of Miyosmart lenses**

- Eye Test
- Phone number +420 605 858 859
- Monday-Friday 10:00 am - 6:00 pm





“

### Parent, 2 kids

The school is a safe place for our boys and is perceptive to their individual abilities and needs, while providing a quality education. I never looked forward to school and am surprised that our sons look forward to school.

Brumlovka

# Education of children from kindergarten to graduation at Elijáš Christian School

Elijáš Christian Secondary, Primary and Kindergarten School has been here for 13 years, during which time over 600 pupils have passed through the school gates. The school offers continuous high-quality education and a safe family environment for children from age three to graduation. The school had its first graduates last year, 92% of whom are continuing their studies at universities.

For more information, please visit [www.elijas.cz](http://www.elijas.cz) and [www.lyceumelijas.cz](http://www.lyceumelijas.cz)



### Bára, 15 years old

“

I feel good here. I know it's a great school, and I feel like the teachers care about me. It's a place I like to go.

Brumlovka building

# Spiritual being of the Mandala Montessori dream world

The *Varanus giganteus* lives mainly in central and western Australia. Locals call it the Perentie. This beautifully coloured lizard, which is estimated to reach a length of around 2 metres, is part of many legends of the indigenous Anangu tribe. Anangs believe in the Dreamtime. This is a set of legends that have been passed down orally for generations, explaining how the universe was created. According to the Anangu tribe, the ancestors first created animals, then plants, planets and humans. This is also why one of their mythological figures is a giant lizard creature called Ngiṅṅaka.

Stop by the Mandala Montessori shop on the ground floor of the Brumlovka building and start dreaming. The Perentie can become a part of your dreams...

More animal stories can be found on the Facebook or Instagram profiles of Mojo Fun Czech and Slovak Republic.





Brumlovka building

## Children's physiotherapy at Balance Club Brumlovka

Last year, Balance Club Brumlovka gained the status of a non-state medical facility and is therefore able to provide physiotherapy services to its members. The club has decided to expand these services to include physiotherapy for members' children. For example, in March you can book a physiotherapy appointment for your child every Wednesday between 1 pm and 4 pm.

Physiotherapist Zuzana Krausová is looking forward to seeing all the children. During physiotherapy at Balance Club Brumlovka, clients undergo comprehensive diagnostics of the musculoskeletal system with emphasis on thorough knowledge of the anamnesis (especially any injuries suffered) of each individual. Subjective and objective difficulties will be assessed along with the child's current health and relationship to school and sports, including lifestyle and exercise goals.

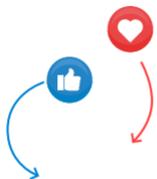
You can book an exact time for physiotherapy for your children every Wednesday in March between 1 pm and 4 pm on the member's PERSONAL PROFILE on the website. More information at [info@balanceclub.cz](mailto:info@balanceclub.cz).

Brumlovka

# Have you visited the Brumlovka FB or Instagram?

Follow our social networks, be the first to know about interesting events or win exciting prizes from us or our tenants. Give us a „like“, follow us and stay in close contact with us.

Love, Brumlovka.



Brumlovka.

