



The Divine Manual or Discovering the Wisdom of the Book of Books



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.

Passerinvest

Building B

The Divine Manual or Discovering the Wisdom of the Book of Books

When: every Monday from 6 May (until June 24, 2024), from 5:30 p.m.

Where: Building B, FLEKSI, Vyskočilova 1422/1a

Do you ever ask yourself the fundamental question of whether there is something between heaven and earth? Or where are we as mankind are heading? What is the meaning of life? Is there a God? And if so, what is God like? What happens after death? Why is there so much evil amongst us? What is the future of the world? In our regular meetings we will be trying to find answers to these questions.

At the same time, we will discover the connection between spiritual principles and practical life advice for improving relationships, education, health, and overcoming difficult times or loneliness. We will be drawing from the Book of Books, the Bible, which Christians believe to be a book inspired by God Himself.

To ensure the space has suitable capacity, we would be grateful if you could confirm your attendance by contacting: kaplan@brumlovka.cz.

Free admission.

Brumlovka.

Building B

Yoga Workshop for a Good Mood

When: Tuesday, 7 May, from 6 p.m.

Where: FLEKSI, Building B, Vyskočilova 1422/1a

Instructor: Andrea Kopačková

Through yoga we will learn to clear our mind of distracting thoughts and restore our inner peace and balance. We'll release tension throughout the body in an effort to improve the quality of our sleep. At the end, we'll have a short relaxation session to the sound of Solfeggio frequencies to harmonise and align the body and mind.

The number of places is limited. The session is intended for beginners and advanced practitioners.

Admission: CZK 150 / person

Reservations: marika.duchonova@passerinvest.cz

What you need to bring along: Yoga mat, comfortable clothes, blanket

Brumlovka.

Workshop.



Yoga Workshop for a Good Mood



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Náměstí Brumlovka

World Hypertension Day at Brumlovka

When: Tuesday, 14 May, from 10 a.m. to 3 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

To mark World Hypertension Day, PRO.MED.CS Praha a. s. & Centre for Diagnosis and Treatment of Hypertension of the 3rd Department of Internal Medicine of the 1st Faculty of Medicine of Charles University in Prague cordially invite you to World Hypertension Day at Brumlovka.

Have your exact blood pressure measured, check it regularly and live longer.

WORLD
HYPERTENSION
DAY
14 MAY 2024
10:00 - 15:00
Náměstí Brumlovka

ČESKÁ SPOLEČNOST PRO
HYPERTENZI

PRO.MED.CS
Praha a. s.

World Hypertension Day at Brumlovka



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Brumlovka.

Filadelfie Building

Travel Evening: Patagonia and the Land of Fire

When: Wednesday, 15 May, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Jana Troupová

Jana Troupová has travelled back and forth across literally the whole of South America. However, Patagonia is in her „top three” destinations. Torres del Paine, Fitzroy, Perito Moreno, Ushuaia, the Strait of Magellan, Argentina’s never-ending pampas, as well as Chile’s fjords, massive mountain peaks and stunning glaciers. During the day, you tire yourself out on the treks, where your heart is pounding from the challenging climb and strong headwinds, as well as the sight of guanacos, condors, penguins and cougars!

And in the evening, back in civilization, aka small laid-back towns, you’ll „finish yourself off” with a juicy steak with a glass of Malbec, lamb asado or fresh giant crabs. On foot, on horseback, by boat, by car or by bus. Patagonia is a place where nature captures the heart and soul of the traveller, a place that becomes life and adventure at the same time.

Brumlovka.

Travel
Evening.



Patagonia and the Land of Fire



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Event.



Fresh Food Fest at Brumlovka



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Passerinvest

Náměstí Brumlovka

Fresh Food Fest at Brumlovka

When: Thursday, 16 May, from 11 a.m. to 3 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

You can look forward to treats such as poké, salads, raw balls, Indonesian specialties and seafood. You'll be able to buy seedlings and fresh herbs, as well as lots of other things. A music programme will be prepared for you during lunch.

Come and enjoy a nice spring day, we look forward to seeing you.

Brumlovka.

Building B, Delta, Filadelfie

Open House again in Prague and at Brumlovka too

When: Tuesday, 18-19 May, from 10 a.m. to 6 p.m.

Where: Filadelfie, Želetavská 1525/1

Delta, Za Brumlovkou 1559/5

Building B, Vyskočilova 1422/1a

Brumlovka will get involved in the architecture festival this year as well; its aim is to encourage the public's interest in the area. Through tours of ordinarily inaccessible buildings and space, Open House Praha will provide a direct experience of architecture and enable its comparison in various contexts. We invite everyone who is interested in beautiful views from the highest floors of selected buildings or in roof gardens that have won awards in prestigious competitions, to Brumlovka.

You can find the programme for the Open House Praha [festival HERE](#).

Brumlovka.

Event.

OPEN HOUSE
PRAHA



Open House again in Prague and at Brumlovka too



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Passerinvest

Workshop.



Qi Kung – exercises for health and vitality



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Passerinvest

Building B

Qi Kung – exercises for health and vitality

When: Wednesday, 22 May, from 5:30 p.m.

Where: FLEKSI, Building B, Vyskočilova 1422/1a

Instructor: **Monika Okluská**

Our Qi Kung Chinese yoga workshop will introduce you to one of the pillars of Chinese medicine. We'll be focusing not only on stretching and relaxing the body and mind, but also on getting started with self-regeneration processes and replenishing energy. We'll all do a warm-up together, followed by one of Qi Kung's most famous routines „8 Pieces of Brocade“. The instructor will end by taking you through a guided relaxation that you can use at home. The aim of the workshop is to learn basic exercise and self-massage techniques that you can use yourself anytime and anywhere to relax, improve sleep, strengthen the body, recharge your energy, and also cope with pain or stressful situations.

The workshop is designed for beginners and advanced practitioners, for everyone, regardless of age. Health limitations are not a barrier. The routine can also be practised while sitting down.

Admission: CZK 100 / person (The number of places is limited)

Reservations: marika.duchonova@passerinvest.cz

What you need to bring along: A yoga mat, comfortable clothes

Brumlovka.

Brumlovka Building

Dating for Exercise and Sports Enthusiasts

When: Thursday, 23 May, from 6 and 8 p.m.

Where: Coffee Perk, Brumlovka Building, Vyskočilova 1100/2

Join our sporty dating evening! If you're into sports or exercise, then this is the perfect evening for you. We bring together men and women who are currently single and share a passion for an active lifestyle. However into sports you are, you'll quickly and easily find plenty in common with the others.

Get lucky and sign up!

6 – 8 p.m.	women aged 36-48, men aged 40-50 – CZ
8 – 10 p.m.	women and men under 35 – CZ

Brumlovka.

Dating.

SEZNAMKA
ŽWAKOVI



Dating for Exercise and Sports Enthusiasts



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Akce.



Drinks & Stories



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Brumlovka Building

Drinks & Stories

When: Tuesday, 28 May, from 6 p.m.

Where: Coffee Perk, Brumlovka Building, Vyskočilova 1100/2

Mixed by: Kryštof Hordina | **Narrated by:** Justín Svoboda

Combine your passion for stories and delicious drinks and enjoy a unique evening of flavours and engaging storytelling. Accept our invitation to a unique social evening and immerse yourself in captivating stories accompanied by delicious drinks mixed by a professional bartender, the perfect complement to the atmosphere evoked by the tales.

You can look forward to:

- three gripping stories
- three perfectly matched drinks
- an unforgettable cultural experience

Price: **CZK 790 / person** (The number of places is limited)

Registrations: marika.duchonova@passerinvest.cz

Brumlovka®

Brumlovka

Talks from Brumlovka

When: Wednesday, 29 May, from 6 p.m.

Where: première online on the **Brumlovka FB profile**

Every month, we invite people, who we feel have something to say and whose professional or personal life is somehow associated with Brumlovka. We want to seek out inspiration and advice for you, but also to present life's victories and defeats.

Different person, different topic, each time on Brumlovka.

This month: [Miroslav Matějka](#)

Miroslav is a graduate of the Czech Technical University, the University of Economics and Management and the Faculty of Physical Education and Sport. Professionally, he has a wealth of experience in the tennis world as a former competitive player in the extra league and a junior and WTA tennis coach. He is co-owner of MATĚJKA Engineering, s.r.o., specialising in structural and planning work. He co-owns four successful catering establishments: Mánes Restaurant, Belcredi Bistro & Bar, Waldeska and Coffee Perk in Brumlovka. He is the father of a nine-year-old daughter and his hobbies include sports, cuisine and travel.

Brumlovka.

Talkshow.

Miroslav Matějka



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Dance lessons.



Dance lessons at Brumlovka



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Passerinvest

Filadelfie Building

Dance lessons at Brumlovka

When: Wednesday, 29 May, from 7 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Come and dance with us free of charge with Lenka Nora Návorková – multiple winner of the Czech Republic Latin American Dance Championship and contestant in the StarDance television competition.

In May, we'll rock out to the rhythm of rock'n'roll, swing and the twist here at Brumlovka. We'll soon be dancing jive, which is a mixture of not only the above musical styles, but especially the dance ones. You'll do a short choreography, where you'll be able to try basic jive variations as well as simple rock'n'roll kicks and other tricks.

We look forward to seeing you.

Brumlovka®

Brumlovka

Children's Day at Brumlovka

When: Thursday, 30 May, from 1 to 7 p.m.

Where: Baarův Park (between Želetavská and Baarova)
Brumlovka Park (Za Brumlovkou)

We've prepared an afternoon packed with entertaining attractions and competitions for prizes for your little ones on the last Thursday in May! There'll be a bouncy castle, face painting, making balloon animals, and of course the ever-popular fluffy candy floss. You can also enjoy sweet refreshments like those your granny makes from Letokruh.

The event will be held in both parks, where the children can choose a reward for all the tasks they've completed.

- **3 p.m. - 4 p.m. (Brumlovka Park):** Clown performance
- **4 p.m. - 5 p.m. (Baarův Park):** Demonstration of scent work by G4S service dogs
- **5 p.m. - 6 p.m. (Baarův Park):** Clown performance

Brumlovka.

Event.



Children's Day at Brumlovka



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Exhibition.



Jan Lamr - Universe



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Alpha Building

Exhibition: Jan Lamr - Universe

When: 4 May - 29 June 2024

Where: Alpha Building, Vyskočilova 1461/2a

Jan Lamr is an artist working in both graphic design and painting. With his distinctive and unmistakable painterly style, he creates abstract works loosely inspired by the dynamics of natural phenomena and physical processes.

Come and see his first exhibition in the Alpha Building. The works in the exhibition are for sale.

Brumlovka.

Brumlovka

Brumlovka Football Cup: Time to start training!

When: Friday, 14 June 2024, from 8 a.m.

Where: FK Slavoj Vyšehrad, Mikuláše z Husi 1709, Prague 4

This year's traditional football tournament for companies based in Brumlovka will take place on Friday 14 June on the FK Slavoj Vyšehrad football pitch.

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

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

Registrations: klara.dusilkova@passerinvest.cz

Brumlovka.

Football Cup.



Brumlovka Football Cup: Time to start training!



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Passerinvest

Sport.



Regular sports activities in Nové Roztyly Park

We regularly organize sports session in Nové Roztyly as well. Just choose what suits you.

Fitness Workout

When: every Wednesday from 15 May, 6-7 pm.

Where: Street Workout Area, the Nové Roztyly Park

The Wednesday workout with Eva Neméthová is focused on building physical fitness and working the whole body.

Running Lessons

When: every Wednesday from 15 May, 6:30-7:30 p.m.

Where: meeting at 6:20 pm by the Roztyly metro station

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.

Outdoor yoga for the Public

When: every Tuesday, starting 14 May, 6-7 p.m.,

Where: Nové Roztyly Park, meeting in the park next to the Nosál Hotel
(U Michelského lesa 1158, Prague 11)

A classic yoga lesson for beginners and advanced students of all ages with Natálie Löwová. Own exercise mat required.

Classes are not held in the event of bad weather. Follow FB [Krcakzije.cz](https://www.facebook.com/Krcakzije.cz)



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Brumlovka

Balance Club Brumlovka Golf Cup 2024

Balance Club Brumlovka is holding the traditional golf tournament for its members, this time on Thursday 6th June in the beautiful Čertovo břemeno golf resort (Alenina Lhota 7, 391 33 Jistebnice).

Refreshments are provided throughout the tournament in the form of breakfast, snacks during the game and lunch. Members of Balance Club Brumlovka can register for the tournament by emailing: Jaroslav.novotny@balanceclub.cz

Please include your registration number and HCP when you register.

Programme:

- **8 a.m.** – registration
- **9:30 a.m.** – start
- **10 a.m.** – Canon start
- **Approx. 4 p.m.** – announcement of results

balance
club
BRUMLOVKA





Building B

Chinos everywhere you look!

A new collection of the ever-popular chinos has arrived at Anthony's. Besides coming in countless colours, these chinos also have a few extra perks. Just wash them and there's no need to get out the ironing board, as the whole collection is non-iron. Another bonus is that there's a rubber strip sewn around the waist on the inside to prevent your shirt from riding up.

All the trousers contain stretch material, so they're incredibly comfortable and don't restrict you in any way. The trousers are available in two lengths.

ANTHONY'S
/ LONDON

Alpha, Philadelphia Buildings

Spring season at Puzzle Salads

Spring is in full swing and the spring season has arrived at Puzzle Salads with some new dishes. What can you look forward to? Two fresh new items - Spring Pasta Cobb and Falafel & Hummus Rainbow:

Spring Pasta Cobb is essentially pasta, mixed salad and chicken. Along with that you get delicious bacon, eggs, pea shoots and a spring salad of radish, peas and carrots. All complemented by a great-tasting Ranch dressing.

And Falafel & Hummus Rainbow? Discover the classic Tabbouleh summer Arabic salad in combination with a mix of salads. There's also some great beetroot falafel, roasted spiced HARRISA carrots, pea hummus and smooth parsley. And finally, beet tahini and lime olive oil

So which one will you like best?



Spring
Pasta Cobb



Falafel
& Hummus
Rainbow





Brumlovka Building

Coffee Perk: Fun after work!

The popular Coffee Perk café is now open every Wednesday evening, too. Come and try some trendy cocktails and mocktails prepared by top pros on the Prague bar scene.

Have fun after work... with friends and colleagues.

Coffee Perk is looking forward to seeing you.



Brumlovka Building

Maranatha store: quick snacks that fill you up

The Maranatha health food store thinks about those who are on a busy schedule and want to eat healthy, as well as those who have various dietary restrictions and diets. Mixit products are really tasty as well as good for the body. A nutritious breakfast of muesli with chocolate, nuts and rice crispies is simple and quick to prepare and tastes great.

Got a craving for something and it's still a long time till lunch? Various nut mixes are sure to satisfy even the most demanding sweet tooth.





Brumlovka Building

Maranatha Restaurant: The Mediterranean at Brumlovka

For those who can't wait for summer, the Maranatha vegetarian restaurant offers a „culinary trip“ to the Mediterranean with a seat under the umbrellas in the outdoor garden. Don't miss this great new offer, and at affordable prices. The „Book of Books“ says: „Try everything and stick to the good stuff...“, so even if you're not a vegetarian, you won't leave Maranatha hungry.

The Maranatha team will make sure of this.



Building B

Zrno Zrnko: Lighten up before summer!

The Zrno Zrnko artisan bakery has just launched its summer drinks menu: their homemade iced teas sweetened with chicory syrup and fresh orange cold brew contain no added sugar. The homemade lemonades - raspberry with mint, mango with ginger and blueberry with rosemary - are made from real fruit.

And for the ultimate refreshment, try the matcha tonic made from Japanese green tea and premium Yuzu tonic from Harney & Sons.





Delta Building

Turnov summer at Brumlovka

The Turnovská pivnice pub at Brumlovka is welcoming in the summer season and has prepared a spacious outdoor garden for you. When the weather's nice, from Monday to Friday, you can enjoy great food and beer from Turnov in the fresh air with a view of the park and its water features.

Building B

Bikero: special discounts for cyclists at Brumlovka

Brumlovka is teeming with cyclists in the spring. Are you one of them? It doesn't matter whether you use your bike for commuting to work, weekend trips, or if you're a keen cyclist who spends most of your time in the saddle. Bikero wants to be there for cyclists around the clock, so they offer a **10% discount** on all their products, including already discounted goods, and a **30% discount on having your bike serviced**.

Choose from a wide range of products from Castelli, Mondraker, Endura, Silvini, Focus or CTM. At the shop, just show your company email, which proves that you work at Brumlovka.

Bikero is looking forward to seeing you!

bikero





Olivka Building

GENIUS Kindergarten

Enrolment for the 2024/2025 school year

GENIUS kindergartens are dedicated to the development of children's potential and take an individual approach to each child. With an emphasis on diagnosing youngsters' potential, we provide personalised support to help children as young as 2 develop their abilities and skills.

The GENIUS Kindergarten is a modern Czech-English nursery school offering the unique GENIUS Mind bilingual education program and is located in the Olivka Building, which also has a café for parents with children.

Arrange an individual tour of the school to obtain information about enrolling for the 2024/2025 school year by emailing: info@genius-school.cz

For more information, see <https://www.genius-school.cz/genius-olivka>



Filadelfie Building

We Hate Ironing also cleans shoes as well as clothing

The We Hate Ironing online dry cleaner's has recently expanded its services to include shoe cleaning. „Having merged with Fresher, we now also offer the chance to have dress shoes and sneakers professionally cleaned,“ says founder Jan Kmoch. “We clean the outside using premium shampoo, clean the soles with steam and a cleaning agent and steam the insides to rid them of any odour or bacteria. We brace the shoes, straighten their shape and wash the laces.

We finish by disinfecting and deodorizing them and protecting them with a nano spray,“ he explains. They also wax leather shoes, hydrate the material and revive its colour.

 WE HATE IRONING





Filadelfie Building

New at Roast & Grill Bistro

new seating, breakfast and lunch,
not to mention wine

The Roast & Grill Bistro has prepared a beautiful new lounge, where you can enjoy a leisurely breakfast, lunch or a glass of wine with friends. The new breakfast menu includes bagels, toast and sweet pancakes.

After work, you can go for a drink, choose from their range of quality wines from the Czech Republic and Italy, and order your favourite tapas. In comfortable armchairs or in the garden, all you need to do is enjoy the evening to the full.

And if you're in a hurry to get home, don't despair, as the bistro will pack everything for you as a take away.



roast & grill
bistro

Filadelfie Building

Unique nitro cold brew again this year

in the arcade of the Filadelfie building

For the third year now, the Tlap's Coffee espresso bar makes Brumlovka one of the very few places where you can enjoy a unique nitro cold brew. This is coffee cold-macerated for 12-24 hours, which gives it a different flavour to coffee made the usual way. The coffee is then enriched with nitrogen.

This gives it a smoothness and creaminess, enhances the power of the caffeine and pleasantly refreshes the drinker. Come and have a taste and see how delicious nitro cold brew is.

Tlap's 
Coffee





Brumlovka Building

Will the state pension be enough for a happy old age?

Annuity investing has never been more flexible, thanks to „Long Term Investment Product“, otherwise known as DIP in Czech. This new investment tool allows you to set aside funds for an annuity in a modern, efficient, flexible and tailored way. It includes a wide range of investment products and can serve as an alternative or complement to traditional pension insurance or supplementary pension savings. Another advantage is that a tax rebate can be claimed on the policyholder’s contribution of up to CZK 48,000 with up to CZK 50,000 of the employer’s contribution tax deductible per year.

Our consultants, who you can meet in our pleasant BROKER POINT Brumlovka branch, will be happy to help you with everything you might need. Appointments can be made online or in person by calling **242 486 328**.

- **Monday, Tuesday** 10 a.m. to 6 p.m.
- **Wednesday** 8 a.m. to 6 p.m.
- **Thursday** 8 a.m. to 4 p.m.
- **Friday** 9 a.m. to 3 p.m.

Filadelfie Building

dm is the place for SPF

In recent years, the sun's rays have been getting much stronger long before summer even starts. At dm, customers can find a wide range of products with high SPF 30 and 50+ protection, meaning that they don't have to hide from the sun and can enjoy outdoor activities to the fullest when the weather is fine. At the same time, they can recharge their energy and vitamin D in the sun without worrying about sunburn and premature skin ageing.

Sunscreens with a sun protection factor are an essential defence against harmful UV rays. dm offers products in the form of a spray, cream or light fluid that not only protects, but also moisturises and nourishes the skin. Waterproof variants, lip balms with SPF and children's products with high protection for the most delicate skin are also popular. dm has the perfect sun protection for everyone.



“Miluji slunce,
chráním svou
pokožku”