



## Speed Dating



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](https://brumlovka.cz)

Passerinvest



Brumlovka building

# Speed dating for Czech speaking

women 40–50 yo/men 43–55 yo

**When:** Wednesday, April 5, from 6:00 pm

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

**Price:** Brumlovka special price – **CZK 440**,  
enter "BRUMLOVKA" discount code

A month ago, we offered a chance to meet someone special for the expats.  
This time, it is a local, Czech turn.

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.**

Filadelfie building



# Traveler's evening: Sokotra Island – a journey back into prehistoric times

**When:** Wednesday, April 12, from 5:30 pm

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

The Yemeni island of Socotra, located off the coast of Africa in the Indian Ocean, has developed a unique flora and fauna due to its long isolation. Traveler Lukáš Synek takes us on a visit to this strange landscape with its dragon blood trees, cucumber trees and bottle trees reminiscent of the Tertiary period. He introduces us to the local people, the Socotrans, who make their living by fishing, gathering incense and herding, enjoying a peaceful life, far from the turmoil of the Arab world, in scattered settlements where time has stood still.

**Brumlovka.**

Traveler's  
evening:



## Sokotra Island



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**Passerinvest**

Tasting.



## Coffee tasting



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Passerinvest

Brumlovka building



# Coffee Perk: Cupping – coffee tasting

**When:** Thursday, April 13, from 6:00 pm

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

**Price:** CZK 250/person

Do you like coffee and want to learn how to distinguish different flavours and appreciate the nuances of different types of coffee? Join a cupping workshop to find out more. At the tasting, barista Ondřej Petrus will guide us through the history of coffee, giving us a look into the world of sensory science and explaining the role it plays in coffee. You'll learn to perceive the flavour notes and describe the characteristics of different coffees.

**Coffee samples:** Ethiopia Bombe, Peru Efrain, Rwanda Horizon Natural, Rwanda Horizon Washed, Columbia Decaf, Cascara Panama Finca Elida and more.

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.

Budova G building



# Yoga workshop: The path to stability and inner grace

**When:** Tuesday, April 18, from 6:30 pm

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

**Price:** CZK 150/person

Our spring yoga workshop with instructor Andrea Kopačková will focus on finding your own centre, stability and inner grace.

Our body is a reservoir of subtle energy and works best when the tension in it is balanced.

Through this workshop we will try to bring our bodies into alignment and promote health through breathe and flow yoga suitable for beginners and advanced practitioners.

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.



# The path to stability and inner grace



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Dance Lessons.



## Dance Lessons at Brumlovka



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Passerinvest

Filadelfie building

## Dance Lessons at Brumlovka

**When:** Wednesday, April 19, from 7:00 pm, dance floor from 8:00 pm

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

Mambo will be the focus of the April dance lesson. Come and get in the groove with this simple Cuban dance, which absolutely everyone can manage.

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



# Brumlovka Talks

**When:** Wednesday, April 26, 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: Viktorie Souček, Bogle Architects**

Viktorie is the Managing Director of Bogle Architects in Prague and also the mother of four children. In 2000, she graduated from UMPRUM in Prague, where she studied with the leading Czech architect Eva Jířičná. In addition to Prague, Bogle Architects also has branches in London and Hong Kong. Viktorie is no stranger to architectural challenges, such as the ELI Beamlines laser centre in Dolní Břežany, and the SmíchOff office building. Her internship with the renowned British architect Norman Foster was an invaluable school for her. Among other things, in the book ARCHITECTS she was ranked among the 26 top domestic artists who give Czech architecture an international dimension.

The show is hosted by Eduard Forejt.

**Brumlovka.**

**Talkshow.**



# Brumlovka Talks

## Viktorie Souček



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**Passerinvest**

Barbecue.



## Barbecue at Brumlovka



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Passerinvest

Brumlovka Square

## Barbecue at Brumlovka

**When:** Thursday, April 27, from 11:00 am to 3:00 pm

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

We are organizing a real authentic barbecue on Brumlovka Square for the very first time. Come and tuck into some juicy burgers, grilled sausages and meat. There will also be plenty to enjoy for those of you who are not big meat fans. We'll be offering a selection of grilled cheeses, vegetables and vegan burgers. In addition to the classic, familiar grilled delicacies, you'll also find Mexican food and Spanish churros on the menu. Don't miss this extraordinary experience and come and get in the mood for the barbecue season.

Brumlovka.

Filadelfie building

# Workshop: Spring bouquet

**When:** Thursday, April 27, from 5:30 pm

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

**Price:** CZK 990/person   **Capacity:** 10 – 20 people

Join us in arranging a spring bouquet of flowers such as tulips, hyacinths, buttercups or daffodils. This workshop will show you how to properly treat cut flowers and give tips for decorating you home with spring flowers. The price for the course includes the flowers, the florist's material and a loan of the necessary tools. You can take the bouquet 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.**



## Spring bouquet



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**Passerinvest**

Market Place.



## Fashion Market Place



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Passerinvest

Brumlovka

# Fashion Market Place Bring and Buy

Registration for sellers

**When:** Wednesday, May 10, from 11:00 am to 8:00 pm

**Where:** Brumlovka, TBD

We would like to tell you in advance of the third sale of ladies'/girls' fashion and accessories at Brumlovka and to ascertain interest from potential sellers.

Ladies, if you would like to get involved as sellers, please register at the e-mail address [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz).

The number of sales points is limited, changing rooms with mirrors will be arranged by the event organiser.

**Brumlovka.**

Brumlovka

# Regular Sports Activities

## 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](http://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 Natálie Löwová. Own exercise mat required.

**Brumlovka.**

Sport.



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Passerinvest

Tournament.



# Brumlovka Football Cup 2023



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Passerinvest

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.**

Brumlovka building

# BALANCEFEST – a celebration of sport and lifestyle

**When:** Monday, March 27 – Sunday, April 2

To mark its 16th anniversary, Balance Club Brumlovka is organising the BALANCEFEST - a celebration of sport and a healthy lifestyle. During this week the club will be holding lots of interesting events, such as sauna rituals, sports sessions and aromatherapy or stress workshops. For a complete list and information about the events, [click HERE](#).

balance  
club  
BRUMLOVKA



# NADĚJE AŽ DO KONCE

JARMILA

ALENA

TOMÁŠ

VLADIMÍR

Příběhy lidí, do jejichž života zasáhla amyotrofická laterální skleróza

REŽIE: VERONIKA STEHLÍKOVÁ. KAMERA: TOMÁŠ SVOBODA. STŘEH: KATARINA BUCHANAN GEYEROVÁ. ZVUK: MARTIN STYBLO. PRODUCENT: ANDREA PAPIRKOVÁ.

FORTUNA

JANA MILLEROVÁ

alsa.

Ceská televize

Český rozhlas



papírek  
production

Bethany Community Center

## Balance Club Brumlovka: Hope to the End, movie showtime

**When:** Thursday, March 30, from 6:00 pm

**Where:** Bethany Community Center, Za Brumlovkou 1519/4

The highlights of the BALANCEFEST will include a screening of the time-lapse film Hope to the End. The film, made in collaboration with ALSA z.s., charts the stories of people diagnosed with ALS, including former Balance Club Brumlovka yoga instructor Vláďa Mikuláš. Don't miss this emotionally charged and moving documentary, a film that will bring the hustle and bustle around you to a stop and offer a different perspective on life. After the screening, the event will continue with a discussion with representatives of ALSA z.s.

**Admission is voluntary and will go to support ALSA z.s.**

 Bethany

Beta building

# Conference rooms in FLEKSI Beta

New conference rooms are now available in the FLEKSI Beta business centre.  
One of these is the Multipurpose Room.

## Multipurpose Room

- Room size: 65 m<sup>2</sup>
- Room capacity: approx. 45 people
- Located on the ground floor of FLEKSI BETA
- Entrance directly from the street (Za Brumlovkou public car park)
- Daylight

## Equipment:

- Full HD multimedia wall
- Complete sound system
- 2 wireless microphones
- Can be hired for a minimum of one hour

If you're interested in a viewing or a quotation, please email the FLEKSI team  
at [info@fleksi.cz](mailto:info@fleksi.cz), or call 720 730 000.



Vyzkoušejte  
chuť  
**pralinek**



Jarní dort  
s jahodami



Beta building

# Costa Coffee

Spring is for the brave- new coffee flavours are here!

Coffee is the perfect cure for spring fatigue, April showers and mood swings. Spring not only awakens nature, but also brings a craving for something new. See what the baristas have prepared for you. Spring at Costa Coffee is for the brave, but also for those with a good heart.

Try the **White Mocha Caffè Latte** with white chocolate sauce, topped with whipped cream, or the milk chocolate flavour **Praline Caffè Latte**. Combined with coffee, it's a real candy. The spring menu also features a charity cappuccino – this year's is maple.

And if you just want a little bite to eat, you'll love pop dots – mini doughnuts with delicious nut, caramel and sugar flavour toppings.

Vyzkoušejte  
**pop dots**

Jeden za 19 Kč, tři za 49 Kč.



Zažehťe  
jarní  
**únavu**



Budova B building

# Zrno zrnko

## Easter baking

The artisan bakery Zrno zrnko bakes not only great cinnamon rolls, cakes, croissants and bread. The spring holidays bring a seasonal range of delicious **buttery mazancas** and also **Easter lambs**, yellow as the sun from the spring eggs.





Brumlovka building

## Easter gift from Maranatha

You can also eat healthy at Easter. The Maranatha health food store presents a few tips on how to make the holidays more enjoyable:

**A mix of the sweetest goodies together!** A full handful of nuts, dried fruits and irresistible chocolate eggs with crunchy almonds inside in six different flavours. All free of artificial colouring and palm oil, of course.

**For fans of classic chocolate,** there's a gift pack of milk chocolate mini-tabs with Easter motifs.

**A delicious handmade Easter cake** from the artisan family bakery Št'astná koza should adorn every Easter table.



Filadelfie building

# Easter menu at Cantina & Café La Fresca

Cantina & Café La Fresca in the Philadelphia Building invites you to a week packed with Easter specialties. From Monday 3 to Thursday 6 April, it will offer traditional and innovative dishes, with one dish from the themed menu each day.

Savour the difference and treat your taste buds.

**LA FRESCA**  
CANTINA & CAFÉ



## VELIKONOČNÍ DOBROTY

3. - 6. 4. 2024

každý den tradiční Velikonoční specialita v naší nabídce.

Brumlovka.

@lafresca\_ct  
cantina-lafresca.cz

**LA FRESCA**  
CANTINA & CAFÉ



**TURNOVSKÁ  
PIVNICE  
BRUMLOVKA**

# OCHUTNEJTE VELIKONOCE

Od 7. 4. od 15.00 hod. do 10. 4. 22.00 hod.

## PŘEDKRM

80 g **JEMNÁ VAJEČNÁ POMAZÁNKA**  
s medvědíím česnekem, naše  
rozpečená bagetka, jarní cibulka

100 g **TELECÍ RILLETES**  
(trhané maso v sádle)  
s nakládanou zeleninou, rozpečený  
řemeslný chléb

## POLÉVKA

0,3L **HRÁŠKOVÉ CAPPUCCINO**  
zjemněné smetanou se  
slaninovým chipsem, česnekové  
krutony

## HLAVNÍ CHOD

400 g **JEHNĚČÍ KOLÍNKO**  
na červeném víně s listovým  
špenátem, bramborovo dýňové pyré

250 g **POMALU TAŽENÉ  
KRÁLÍČÍ STEHNO**  
na smetaně s žemlovým  
knedlíkem, brusinkový terč

½ **PEČENÉ MLADÉ KUŘÁTKO**  
s velikonoční nádivkou, glazovanou  
karotkou na medu a tymiánu,  
mačkané brambory s máslem  
a jarní cibulkou

200 g **ROLOVANÁ TELECÍ PEČENĚ**  
plněná jarní nádivkou,  
bramborové pyré,  
okurkový salátek

## DEZERT

**MECHOVÝ DORTÍK**  
s višňovým pyré a zmrzlinou stracciatella

**Náš tip:** k velikonočnímu menu doporučujeme řemeslné pivo Turnov.

Své místo u stolu rezervujete na telefonním čísle

Turnovská pivnice Brumlovka - **739 789 407**

[WWW.TURNOVSKAPIVNICE.CZ](http://WWW.TURNOVSKAPIVNICE.CZ)

Delta building

## Taste Easter with the Turnovská Pivnice Brumlovka Pub

Welcome spring and Easter at the Turnovská pivnice Brumlovka. From **Friday, April 7 ro Monday, April 10**, they will be serving a special experience menu. From a spring starter to an Easter main course, topped off by an original dessert.

And what's more, TURNOV craft beer is as sharp as horseradish.

 **TURNOVSKÁ  
PIVNICE**

Alpha&Filadelfie buildings

# American season at PuzzleSalads

With the spring season approaching, PuzzleSalads has prepared an American-themed season. Try the **Spring Cobb Salad**, which originally comes from California, or the **Beef & Batata Bowl**, which takes you a little further south to enjoy the flavours of Mexico. You can quench your thirst with the new currant-flavoured fermented water kefir lemonade.

**SALADS**  
puzzlesalads

Always different. Always fresh.



**Spring Cobb  
Salad**



**Beef & Batata  
Bowl**

**SALADS**  
puzzlesalads

# SPRING UGO FASTING CLEANSE

Registration  
open until  
16. 4.



Beta building

## The Spring UGO Cleansing Fast

Try the UGO Cleansing Fast! Lighten your diet, make it easier for your body to regenerate and create space for a natural detox and the related rush of energy. The UGO Cleansing Fast has been designed to provide the right combination of necessary nutrients, as well as variety and interesting tastes.

What exactly is the UGO Cleansing Fast? This is a nine-day programme consisting of three days with a light menu, three days during which only fruit and vegetablefruit juices are consumed and, finally, another three days of lighter meals. Of key importance are the three "juice" days, during which you treat your body to what is basically concentrated health and give it a break from digestion and from many unhealthy substances.

### UGO Cleansing Fast Options:

- May 11-13 (Thu-Sat)
- May 16-18 (Tue-Thu)
- May 18-20 (Thu-Sat)

Registration: until April 16 at [ugocista.cz](http://ugocista.cz)



Alpha building

# Easter decoration from Papýrek

In the Papýrek shop, you can find colours for eggs, stickers, „shirts“, ribbons, bags, napkins, looks, in short, everything you need to decorate for Easter portions. So stop by and take a look.

**Papýrek shop**

Mon-Fri 9:00 am-17:30 pm

Papýrek





OBJEVTE  
ZÁSNUBNÍ  
A SNUBNÍ  
PRSTENY JK

Filadelfie building

## Engagement and Wedding rings from JK

Wedding rings are an important symbol of marital love and it projects with the essence of our brand „jewellery is a relationship“. A wedding ring might be it the most important piece of jewelry in your life.

Discover the original author's design of engagement and wedding rings from master goldsmiths, with an emphasis on quality of material and craftsmanship. Choice rings is not an easy task, so JK cordially invites you to their store and goldsmith's shop workshops in the Filadelfie building where these small works of art are created.

If you have your own idea of the future shape of your rings, JK offers a custom production with a designer.

JK  
JITKA KUDLACKOVÁ

Filadelfie building

# Meera Women's Days

Dear ladies, Do you adore spring too? Do you love to see the primroses, hyacinths and buttercups awake and admire their different colour variations? You also deserve to blossom after winter and feel great in well-fitting clothes.

Visit the Meera boutique for some fashion inspiration and get in the spring mood with all the beautiful colours and floral patterns they've got prepared for spring and summer 2023.

**When? On Wednesdays, April 5 and 26**, as part of Women's Days, anytime between 4:00 and 7:00 pm.





Beta building

# Designed to captivate

New design range of ASKO Black Steel kitchen appliances.

ASKO, the Scandinavian premium appliance brand with a tradition dating back more than 70 years, has come up with a new design range called Craft Black Steel. It is a tribute to the Scandinavian tradition of craftsmanship, minimalism and technically sophisticated design with an emphasis on the finest detail.

These modern appliances, with their precision-crafted one-piece premium black steel doors, solid metal knobs and sturdy steel handles, pay homage to the best of Nordic industrial design. The subtle brushed texture of the appliances' matte black surface reflects the light and warmth of the home, capturing the kitchen as the centre of domestic life.

More at [cz.asko.com](https://cz.asko.com)



**ASKO**  
Inspired by Scandinavia





Brumlovka

## Heat pipe damage

A heat pipe damage at the intersection of Vyskočilova, Želetavská and Václava Sedláčka streets occurred last month. The suppliers, Pražská teplárenská, a.s., and Termonta Praha, a.s., were able to locate the exact point of the damaged pipe and they will start on the repair soon. Due to this construction there will be a closure of Václava Sedláčka Street in the beginning of April. Please see the date announcement and traffic signs in this area. At this moment it is not possible to indicate the exact time frame of the construction.

Unfortunately, related traffic restrictions result in delays for drivers on the main access roads to the site as well as irregular operation of public and shuttle transport.

Please pay attention at the construction site to keep safe and respect the traffic signs. In case of questions regarding the accident of the hot pipe and related repairs, please contact the executing company Termonta Praha or the Pražská teplárenská directly.

**Brumlovka.**