



Western Canada from the Ocean to the Rocky Mountains



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Passerinvest

Filadelfie Building

Western Canada... from the Ocean to the Rocky Mountains

When: Wednesday 5 June 2024, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Miloslav Martan

Western Canada is one of the most diverse natural areas in the world. The beautiful cities of Victoria and Vancouver have a very pleasant and peaceful atmosphere. The coastal mountains of the Pacific Ocean are wild and desolate, and the wet climate means they have a variety of rainforests that are up to a thousand years old. The Cascade Range offers breathtaking views of the highest mountains in British Columbia and Alberta.

Hundreds of glaciers provide vast amounts of water for mountain rivers, high waterfalls and deep, dark-green lakes. The entire high mountain area is home to many species of wild animals. A beautiful country that changes literally before your eyes, a truly captivating place.

Brumlovka.

Building B

Talk: Comprehensive Introduction to Artificial Intelligence

When: Monday 10 June 2024, from 5:30 p.m.

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

FLEKSI invites you to a talk on artificial intelligence, where together with Zdeněk Valut, CEO of the innovative Ydeal technology and consulting agency that specialises in implementing AI into business processes, we'll be taking a look at key AI technologies that are not only shaping our world today, but also defining the future of many industries. From language models, to revolutionary diffusion models for creating graphics and video, to innovations in voice processing and the creation of virtual assistants.

The lecture will also address pressing issues such as the legal and ethical challenges associated with the rapid development of artificial intelligence. You'll get an overview of current trends in AI and tips on how these tools can enrich your professional or personal life.

For more information and to register for the talk, see www.fleksi.cz/events or email info@fleksi.cz

Free admission.

Brumlovka

Talk.



Comprehensive Introduction to Artificial Intelligence



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Workshop.



Guide to Social Media



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Building B

Workshop: Guide to Social Media

When: Tuesday 11 June 2024 from 6 p.m.

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

Instructor: Marie Andres

Marie will guide you through the world of social media and how to use it effectively. Together, we'll focus on tips and tricks for using social platforms to build your personal and business brand. We'll show you how to think about structuring and planning your content. We'll also be looking at issues such as increasing reach, audience engagement, paid advertising and algorithms.

What will you learn?

- **Timing** – when and how to regularly post content on social networks
- **Content** – what type is best suited to your goals
- **Algorithm** – how the algorithm works and how to make the most of it
- **Reels** – how to spin Reels, their length and increase your reach
- **UGC** – how to start creating „User Generated Content“
- **Trends** – what's trending right now in the social networking world

Admission : **150 CZK / person (Free entry for Fleksi members.)**

Reservation: marika.duchonova@passerinvest.cz

Brumlovka.

Náměstí Brumlovka

Dance lessons return to Náměstí Brumlovka

When: Wednesday 12 June 2024, from 7 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

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

July's dance lesson will focus on the samba. Come and boogie to this cheerful Latin American dance, which originates in Brazil and is guaranteed to get your blood pumping. We'll be dancing solo, or even in pairs and, with the warmer days and evenings, we'll be returning to Náměstí Brumlovka for our lessons.

Brumlovka.

Dance lessons.



Dance lessons return to Náměstí Brumlovka



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Dating.



SEZNAMKA
ŽWAKOVI



Dating with wine tasting



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Brumlovka Building

Dating with wine tasting

When: Thursday 13 June, from 6 and 8 p.m.

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

Join our tasting evening! Like fine wines? Then this is the evening for you, and who knows, you might even meet the love of your life. Brin together single men and women with similar interests. You'll soon find plenty to talk about with the others. The tasting evening will take the form of speed dating, so you'll have a short chat with each other and quickly find out who you hit it off with. If the feeling is mutual, we'll put you in email contact that same evening.

Try your luck and sign up!

6 – 8 p.m.	women aged 36-48; men aged 44-52 – CZ
8 – 10 p.m.	women aged 28-40; men aged 35-42 – CZ

Brumlovka.

Náměstí Brumlovka

Street food festival at Brumlovka

When: Thursday 20 June, from 11 a.m. to 3 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Come and enjoy some typical street food from around the world, such as juicy burgers, Mexican quesadillas, Spanish churros, Indonesian specialities, Italian piadina and lots more.

A music programme will be prepared for you during lunch

We look forward to seeing you.

Brumlovka.

Festival.



Street food festival at Brumlovka



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Festival.



Wine and Prosecco festival



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Filadelfie Building

Wine and Prosecco festival

When: Thursday 20 June, from 4 p.m.

Where: roast & grill bistro, Filadelfie Building shopping arcade

The price includes admission, a tasting glass, welcome drink, small Italian-style snacks and an accompanying program. There will be ten tasting stalls offering wines, prosecco, tapas and Italian cuisine. You pay for everything with tokens that you purchase at the entrance.

We're looking forward to seeing you!

Tickets: [Available HERE](#)

Ticket price: **CZK 300**

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday 26 June, 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: **Karel Wolf**

Photographer, naturalist, founder of the Around the World travel festival. He has travelled through many countries in Africa, Asia and America. He gives talks to the general public and writes travelogues about interesting places, people and cultures he has photographed.

Brumlovka.

Talkshow.

Karel Wolf



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Brumlovka

Bicycle parking and shared rides

If you use your own or shared scooters, bikes or motorbikes to get to or from Brumlovka, please don't forget that you can find parking hotspots in strategic places where you can park your ride securely.

Rides parked up properly like this can then easily be found in the designated spots ready for use and don't block the entrances to buildings, emergency rescue zones or emergency exits. You can also find bike stands in the underground parking of the buildings.

Please don't park outside the designated places.

PUBLIC OUTDOOR STANDS ●
BIKE ROOM FOR TENANTS ●

PRIVATE BIKE ROOM FOR TENANTS ●
BIKE ROOM UNDER PREPARATION ●

Brumlovka.

Children's Day in the Nové Roztyly

When: Thursday 6 June, from 1 to 7 p.m.

Where: meadow near the Nosál hotel, in the Nové Roztyly park,
Kunratický les forest

We've prepared a fun-packed children's afternoon filled with activities and competitions for you and your little ones in the Nové Roztyly park. Children can look forward to a bouncy castle, face painting, disc golf and of course the popular candy floss.

Guided tour of the Plaza building

When: Thursday 13 June, tours start at 3 and 5:30 p.m.

Where: Roztyly Plaza building, Tomičkova 2427/2

The guided tour is for all those interested in the locality as well as new modern architecture. During the tour, we'll take you through the office building from the lavish atrium with its unique work of art through selected floors of the building, right up to the roof garden with its beautiful views of Prague and the surrounding area. We're also sure that there will be plenty of opportunity for mutual discussion.



Events.



Children's Day | guided tours



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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 6 to 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 6:30 to 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, from 6 to 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 commemorates international days

On Friday 21 June we commemorate Global ALS Awareness Day, devoted to amyotrophic lateral sclerosis, as well as International Day of Yoga. But this seemingly random connection has a much deeper meaning. Patients with ALS quickly lose mobility during the course of their disease, so regular rehabilitation, physiotherapy and yoga are very important to help reconnect the mind and body, at least partially.

Balance Club Brumlovka has prepared a special 90-minute yoga session with Simona Helová for members on this day from 1:15 p.m. to remind you of the importance of movement and proper breathing.

But the Balance Club does not just aim to raise awareness; it also wants to raise money through a fundraiser set up by the ALSA association to pay for rehabilitation and physiotherapy exercises for ALS patients, one of whom is Vládík Mikuláš, a former yoga instructor at Balance Club Brumlovka. If you'd like to participate in the fundraiser, please [feel free to do so HERE](#).





Prague 4

Suburban Camps

Balance Club Brumlovka and the Elijáš Kindergarten will be holding a suburban sports and creative camp for children aged from 4 to 10. Register your kids now and give them an unforgettable summer experience.

- Dates: **8-12 July**
- Place: MŠ Elijáš a Balance Club Brumlovka
- Price: **CZK 6,600** (a 25% discount for children of BCB members and pupils from the Elijáš Kindergarten)
- Reservations and more information: eva.koterova@balanceclub.cz

CZECH
- ENGLISH

SUBURBAN
CAMPS



If you'd refer an option aimed at improving your children's English, try the GENIUS School Czech-English suburban camps. The programme will be mostly in English and Czech will only be used to help children who need to feel comfortable. The main aim of these suburban camps is for children to practice their English language skills and enjoy a range of sporting, scientific, technical and educational activities.

- Dates: **15-19 July, 22-26 July, 29 July - 2 August**
- Location: GENIUS Elementary School, Dolnokrčská 54a
- Price: **CZK 5,800**
- [More information HERE](#)

Filadelfie Building

Health Days at Body Express:

How old is your body?

Come in for a consultation with the nutritionists from Smart Diet. They'll measure you on a professional InBody scale and then evaluate your results. They'll also introduce you to the revolutionary EMS method for getting and keeping fit.

You'll find out:

- the amount of dangerous fat between your organs
- how many calories you need to take in per day
- the composition of your body, how much water you have in your body
- how old your body feels
- your basal metabolism

The Health Days will take place **on 13 and 14 June at Body Express Brumlovka**. You can look forward to a no-obligation consultation, detailed information about your body composition through InBody measurements and an assessment of your diet. At the same time, you'll get tips on how to adjust it to keep your body feeling good.

Register at: brumlovka.bodyexpress.cz/dnyzdravi

Booking a trial lesson by calling: **+420 774 431 083**



» Pozvánka na Volvo Day

UniCredit Leasing CZ and Volvo Cars Team



19.
ČERVENA
2024

Náměstí Brumlovka

Invitation to Volvo Day

showcasing Volvo electric cars

When: Wednesday 19 June, from 9 a.m. to 5 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Take this unique opportunity to test drive the latest range of pure electric cars featuring modern design and innovative technology from Swedish carmaker Volvo Cars. The Volvo EX30, EX40 and EC40 all-electric cars, which reflect their Swedish origin in every detail, are another important step towards the company's goals: to sell only electric cars by 2030 and to become a climate-neutral company by 2040.

Get behind the wheel of the models of your choice and enjoy an unforgettable driving experience! Trained staff will be on hand throughout your visit to answer any questions you may have.

Join the people who share a passion for beautiful and safe cars that support a more sustainable lifestyle.

Book your test drive here.

Brumlovka Building

Arena: new swimwear collection 2024

With the spring season, the Arena store is coming out with a new collection of swimming gear and beach fashion. You can look forward to fresh colours and the latest styles in women's, men's and children's swimwear.

To make sure you don't miss out on anything new, you can follow Arena on the store's Instagram profile, where they'll be gradually posting details of all their new products online.

Opening hours:

- Mon – Fri 10 a.m. – 7 p.m.
- Sat 10 a.m. – 4 p.m.





Brumlovka Building

See the world through Oakley shades

Oakley sunglasses are made of top-quality materials. They're lightweight and always a nice fit. They have a unique lens technology that guarantees quality imaging. Original Oakley lenses are available in prescription versions for most models.

Consult Lens Optik for advice on lens options and the most suitable choice of glasses.

tel. +420 605 858 859



Beta Building

ASKO monoclimatic refrigerator

with an adaptive temperature convertible freezer compartment

The luxurious ASKO R23841B freestanding monoclimatic refrigerator in black stainless steel offers a total volume of 384 l. It is completely flexible and allowing you to adjust the temperature of each drawer to suit your needs. If you need more space for meat and fish, simply adjust the temperature of the fruit and vegetable drawer to create the space you need - at exactly the right temperature. The ASKO Convert Zone adds further welcome flexibility by allowing you to convert an adaptive temperature freezer compartment into a refrigerator and the temperature can be set between -2 °C and +3 °C.

Adaptive temperature control with smart sensors carefully monitors how you use the fridge and automatically lowers the temperature before you open it. This keeps food fresh for up to 20% longer. Refrigerators in white, stainless steel or black stainless steel are perfectly complemented by a pair of freestanding freezers in the same design with equally impressive technology.

Price: CZK 35,990



LETNÍ OVOCNÉ ŘEZY

jahoda nebo broskev



COSTA
COFFEE

Beta Building

Summer fruit slices at Costa Coffee

gluten-free and lower in lactose

When you get a craving for something sweet, it's hard to resist. Especially when the display case is packed with mesmerising delicacies like fruit slices. They have a perfectly soft and fluffy sponge, layered with delicious cream and topped with a nice portion of fruit in jelly. You can choose from strawberry or peach.

But what makes them so different from ordinary cakes, even though you won't be able to taste the difference? The slices are gluten-free and lower in lactose. They're made using rice flour, which is naturally gluten-free, and dairy products lower in lactose are used in the filling. You guessed right that these are light desserts, which are tricky to prepare (removing the lactose) and call for precise work with selected ingredients to avoid gluten contamination.

This is so that they can be enjoyed by guests suffering from celiac disease or milk sugar intolerance, too. However, we heartily recommend them for everyone.



Residence Villas

Lemon Pharmacy - professional care for your health

Choose online from a wide range of Lemon Pharmacy products to keep your whole family healthy. Lemon Pharmacy has great prices, gifts and rewards. The allergy season is approaching, so it's best to be prepared. Stop by in person, or pick something up from the Lemon e-shop.

Lemon
LÉKÁRNA

Lemon
LÉKÁRNA
Zdraví je blíž, než si myslíte

Dárek navíc* v hodnotě 155 Kč

*K nákupu vybraných produktů (značených symbolem dárku) obdržíte navíc ComarEX N repelent Forte spray 120 ml jako dárek, při uplatnění klientské karty Lékařena Lemon, za 0,01 Kč.

ComarEX® repelent Forte spray 120 ml

- Pro efektivní ochranu před komáry a kličtáty.
- Velmi vysoký obsah účinné látky (DEET 28%).

UPOZORNĚNÍ: Používejte biocidy bezpečným způsobem. Před použitím si vždy přečtěte označení a informace o přípravku.



Otrivin

uvolní upratý nos do 2 minut

12 hodin působí až 12 hodin

Super cena 119,-

Super cena 129,-



IMODIUM® PLUS 2 mg/125 mg 12 tablet

LÉČBA AKUTNÍHO PRŮJMU PROVÁZENÉHO PLYNATOSTÍ A KŘEČEMI.

- K léčbě akutního průjmu, kdy je akutní průjem provázen dyskomfortem souvisejícím s plynatostí včetně nadýmání, křečí a zvýšeného odchodu střevních plynů.

Za SUPER CENU také: další produkty Imodium®

Super cena 199,-



NUROFEN® 200 mg 24 tablet

- Lék na horečku a bolest.
- Při mírné až středně silné bolesti, potlačuje zánět a horečku.
- Vhodný od 6 let.

Za SUPER CENU také: NUROFEN 200 mg, 12 tablet, NUROFEN 400 mg, 24 tablet

Léky k vnitřnímu užití. Obsahují ibuprofen. Přečtěte si pozorně příbalovou informaci.

Super cena 65,-



OCUTEIN® BRILLANT LUTEIN 25 mg DA VINCI 60 tobolek + kapky

- Přispívá k udržení kvalitního zraku a vylučuje unavené oči (vitamin A).
- Obsahuje extra velké množství luteinu 25 mg.

Za SUPER CENU také: další produkty Ocutein

Doplnění stravy (1 tobolek/8,8 Kč)

Super cena 529,-



Sleva 200 Kč

Na přípravky EUCERIN SUN



Sleva 200 Kč

Na přípravky BIODERMA PHOTODERM



Zdraví je blíž, než si myslíte. Navštivte nejrychleji rostoucí síť lékáren s profesionální péčí v ČR a přesvědčte se sami. Profesionální péče o Vaše zdraví a krásu také na e-shopu www.lekarnalemon.cz

Nabídka platí od 13. 5. do 30. 6. 2024 nebo do vyprodání zásob. Prostudujte pečlivě příbalový list. Účinky a způsob použití konzultujte s lékárníkem nebo lékařem. Cílem této nabídky není podpora zvýšeného užívání léků. Změna vyhrazena, za tiskové chyby neručíme. Platí pro všechny produkty uvedené v letáku.