

Adventní Čas s Bethany

online

**KDYŽ
ZŮSTÁVÁ NADĚJE**
povídání
s Radimem
PASSEREM

3. 12.
18:00 h.

online

O NADĚJI
s hosty
Radima PASSERA

10. 12.
18:00 h.

online

**PŮLNOČNÍ
BOHOSLUŽBA**

24. 12.
22:00 h.

**VÁNOČNÍ
KONCERT**
na Náměstí
Brumlovka
Praha 4

17. 12.
18:00 h.

Bethany Community Centre

Advent with Bethany

Join the Bethany Community Centre which has prepared four events for you. They will take place every Advent Thursday until Christmas Eve. Three of them online.

At **6 pm on December 3**, you can join an online discussion on the topic: **When hope remains**. Radim Passer will be the guest. You will find out, amongst other things, why the Bethany Community Centre was built, what it is used for and its significance for the BB Centrum.

A week later, at **6 pm on December 10**, this will be followed by a discussion **About Hope**, to which Mr Radim Passer has invited two interesting guests. You will also hear their stories of the search for hope and meaning in their lives.

Bethany Community Centre

Advent with Bethany

On Thursday, **December 17** a Christmas concert will be held on the Brumlovka Square **from 6 pm**. Come and listen to carols and even sing along with some of them or visit the stand with free books.

On Christmas Eve, **December 24**, there will be a traditional **Midnight Mass**, which will start at **10:00 pm**.

You can follow the broadcast from the Bethany Social Community online from the comfort of your own home.

Adventní Čas s Bethany





AN ONLINE WEBCAST

THE ANATOMY OF EMOTIONS



Please use the "Instant translation" function in your Transdate App to read this poster in other suitable language.
English version of all BB Centrum activities are to be found also at

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BB Centrum

An online webcast: The anatomy of emotions

WHEN: Tuesday, December 8, 7:00 pm to 8:30 pm

WHERE: BB Centrum FB page

Emotions play a fundamental role in our decision-making, communication and relations with others. Understand them and learn to read the emotions of others – achieve functional cooperation in the workplace or satisfied cohabitation with your partner. Jan J. Ženatý, the only Central European psychologist with accreditation from Paul Ekman International, will present the Professor Paul Ekman's method of revealing emotions using the key facial muscles.



BBCENTRUM

BB Centrum

An online webcast: Travels through Europe

WHEN: Wednesday, December 9, 5:30 pm - 7:30 pm

WHERE: BB Centrum FB page

Listen to a talk about various places in Europe. About places that are often neglected even in popular tourist countries such as France, Spain or Italy. However, we will also take a look at Moldavia, Andorra or the Spanish enclave of Ceuta, which are most certainly not ranked among the top tourist destinations, but still have much to offer. The evening of travel will be led by Marek Kovář, the founder of the "Střípky z cest" travel blog.



AN ONLINE WEBCAST

TRAVELS THROUGH EUROPE



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PAVEL SKALA
**ANTI-STRESS
BREATHING EXERCISES**

DANIEL HLUBUČEK
HOME FITNESS



YOGA
DANIELA BACÍKOVÁ

BB Centrum

Online webcasts: Body and Mind Exercises

WHEN: Mon., Tue. and Thu. from 6 pm, according to the schedule below

WHERE: BB Centrum FB page

We have a tip for you on how to get the better of the pre-Christmas rush. Treat yourself to a moment just for yourself to refresh your body and soul. We will continue the series of popular exercises that you can do with us in the comfort of your own home in December.

Lessons are suitable for both beginners and advanced practitioners of all ages.

- **Mon., December 7 and 14** – Anti-stress breathing exercises with P. Skala
- **Tue., December 8 and 15** – Home fitness with D. Hlubuček
- **Thu., December 3, 10 and 17** – Yoga with D. Bacíková



BBCENTRUM

BB Centrum

A change in the schedule for the shuttle buses over the holidays

The BB1 shuttle bus between the Budějovická, Brumlovka and Delta stops will be cancelled during the upcoming holidays. You will be able to use the shuttle buses at the BB Centrum according to the existing schedule until Friday, December 18. **The service will be resumed from Monday, January 4, 2021.**

The BB2 bus is currently temporarily out of service due to construction work in Želetavská Street.

BB1 schedule





Filadelfie Building

Christmas at Tlap's Coffee

The new café on the ground floor in the Filadelfie Building attracts all passers-by with the aroma of its coffee beverages and gingerbread spices and the beautiful presentation of its own baked goods and desserts.

The range now includes Christmas beverages; try **blueberry hot chocolate with whipped cream**, a **caramel nut** or a **gingerbread latte**. Foodies will enjoy the **taster pack of Christmas baking** which can also be ordered in larger sizes.

If you are still thinking about the ideal gift for your colleagues, Marie Tlapáková, the café owner, suggests a pack of good coffee or a voucher for cups of coffee from Tlap's Coffee.



Tlap's 
Coffee

Filadelfie Building

The magical Christmas time is approaching, so be sure to choose gifts for yourself and your loved ones at dm drogerie

Head out for a walk and take in the wonderful magic of nature which enchants us at every step. Not only are you doing something good for your health, but you can also enjoy the peace and quiet and calm your mind and body.

After your walk, you can reward yourself with a cup of good tea or coffee or a hot bath. Try to avoid stress by choosing your Christmas gifts sufficiently ahead of time. You can find gift tips and inspiration at www.dm.cz/vanocce.





Filadelfie Building

BODY EXPRESS: **Give the gift of a gym pass under the Christmas tree**

The fastest way to regain fitness after time spent in your “home office”. From Thursday, December 3, you will have the option of using the unique training style with EMS technology in the Filadelfie Building. EMS (electromyostimulation) is the fastest way of getting your body into shape and breaking down any excess fat reserves.

Safe and fast. The studio has been conceived for two clients in training, while maintaining a distance of 2 metres. Every client has their own changing room for their personal effects and will receive special single-use sportswear. All the equipment is regularly disinfected and the staff and clients wear masks – it’s no problem to complete the 20-minute procedure in a mask!

The studio will be open and have gym passes on sale every business day from 8 am to 6 pm, starting on Thursday, December 3.

More information and appointment bookings by email at bbcentrum@bodyexpress.cz, by telephone on 774 431 083 or directly on the website using the [booking form HERE](#).

BODY EXPRESS

Brumlovka Building

Arena: BODYLIFT ladies' slimming swimwear

Arena presents slimming swimwear for ladies who wish to feel confident. A special mesh in the area of the belly and the waist shapes and firms up your curves.

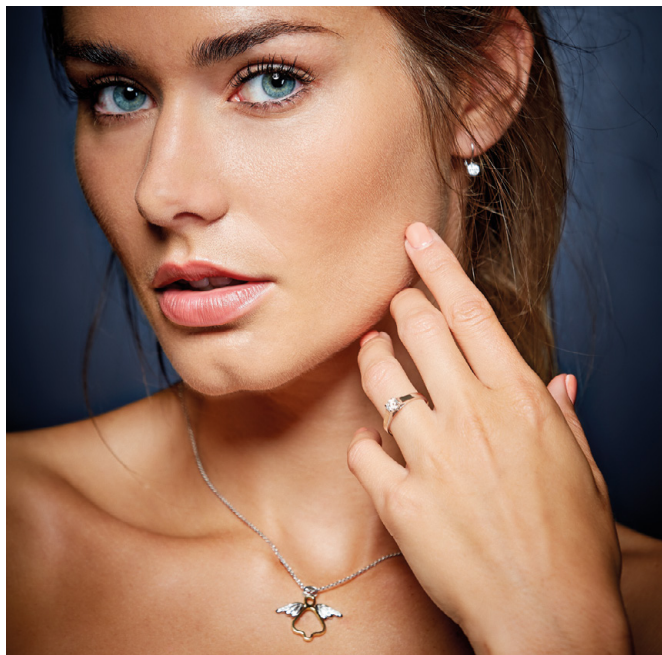
BODYLIFT swimwear is made from SENSITIVE material which is strong thanks to a high Lycra content. The material is resistant to chlorine, breathable and fast drying and it will provide you with maximum comfort.

This year's autumn collection is already on display in the **e-shop**. You can look forward to new colour variants and cuts in sportswear and swimwear.

The **local store in the Brumlovka Building** will be open from **December 3**. Off-line purchases are possible on Monday – Friday 10 am – 7 pm, Saturday 10 am – 4 pm.

Christmas Special: 25% off all Arena products, Brumlovka Building store only, December 3 – 13.





Filadelfie Building

The JK Jitka Kudláčková jewellery shop is celebrating 30 years

In the upcoming weeks, JK Jitka Kudláčková will celebrate 30 years since Jitka Kudláčková acquired her first Trade Licence and 25 years since she opened her first store.

On the occasion of this anniversary, JK has prepared a gift to make shopping even more enjoyable and to thank its customers. It has launched a **Christmas campaign during which JK will offer a 15% discount on all jewellery.**

The jewellery prices are, of course, also favourable for other reasons, mainly because the price of gold and high-quality precious stones has significantly increased since the beginning of the year – the increase was even as much as a 20% in the case of gold. But JK has kept its jewellery prices at last year's levels. Make use of this unique offer and bring joy to your loved ones.



jk.cz

JK
JITKA KUDLÁČKOVÁ | 30
LET S VÁMI

JK
JITKA KUDLÁČKOVÁ

Brumlovka Building

Bomton: We are ready for Christmas

Have your hair and complexion suffered throughout the period when Bomton studio Brumlovka has been closed? If you have run out of cosmetics, don't despair; have a look for them in the **Rozmazlujse.cz** e-shop. Choose from a wide range of products for healthy hair, glowing skin and a beautiful body.

It is also possible to purchase a wide range of gifts for the entire family from the **Rozmazlujse.cz** e-shop. Give your loved ones products or even vouchers for any of the Bomton studio's services. You can choose vouchers valued in the range from 1000 CZK to 5000 CZK. Christmas is fast approaching, so don't hesitate to get your Christmas presents from the comfort of your own home.

Take an advantage of the BB Centrum Klub Membership or a status of BB Centrum Company Employee and get 10% off Bomton Studio Brumlovka services.

BOMTON.





s.Oliver: Get a new outfit at a discount

The s.Oliver fashion brand has prepared a Christmas surprise for you. **A 20% discount on everything***, which you can use in its stores in the period of **December 7 – 23**. Come and choose a new outfit for the office or for your leisure time or Christmas gifts for your loved ones. You will receive the discount upon submitting this newsletter or with the discount code "VÁNOCE".

s.Oliver stores: Centrum Černý Most ▪ Metropole Zličín
▪ the Letňany Shopping Centre ▪ the Kotva Department Store ▪ the Máj Department Store ▪ Fashion Arena Prague Outlet ▪ and other stores outside Prague

*The discount cannot be combined with any other campaigns. The discount will be deducted at the till. It does not apply to the e-shop.

s.Oliver

Beta Building

UGO: Fresh energy for your meeting or Christmas party

Fresh food supports fresh ideas. And that is what the UGO Box is for – a box full of light, yet filling goodies, which mean that nobody's tummy will rumble at a meeting and that brainstorming sessions will finally be productive.

You have the option of ordering refreshments according to your wishes and ideas as the end of the year approaches. Renáta from UGO will be happy to assist you.

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UGO BOX

