



## Nepal, the land of unbelievable mountains, colours and smiles



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Filadelfie Building

# Travel Evening: Nepal, the land of unbelievable mountains, colours and smiles

**When:** Wednesday 14 August 2024 from 5:30 p.m.

**Where:** Filadelfie Building shopping arcade, Želetavská 1525/1

**Speaker:** David Hainall

Nepal is one of the most visited countries in South Asia. Take a leisurely journey through colourful Nepal below the world's highest mountains, through the vast Terai on the border with India, where ancient history meets the present day and wild animals, including tigers, can still be seen.

David will also talk about the challenges of acclimatizing to the high altitudes and his experience with Nepalese health care and the mountain rescue service.

The talk will be given by traveller, guide, photographer and publicist David Hainall.

**Brumlovka.**

Building B

# Workshop: Making crepe peonies

**When:** Tuesday 20 August 2024 from 5:30 p.m.

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

Join us for a fun session of making a crepe peony out of Italian flexible paper. This workshop will guide you step-by-step on how to make 25 cm crepe paper peonies to attach to the wall using one of our proven techniques. You can choose from old pink or cappuccino.

We'll provide all the material, so all you need to bring (and can't do without) is a bit of patience and a good mood.

**Capacity is limited**, please register for the workshop by emailing:

[marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

Price: **CZK 1,500/hour**

**Brumlovka.**

Workshop.



## Making crepe peonies



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Workshop.



# Freestyle football with Marcel Gurk



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Náměstí Brumlovka

## Workshop: Freestyle football with Marcel Gurk

**When:** Wednesday 21 August 2024 from 5:30 p.m.

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

Come and learn the art of football juggling and join us for a unique workshop led by Marcel Gurk, German football freestyle champion and holder of 10 Guinness World Records.

### What can you look forward to?

Football warm-up with Martin Procházka (personal trainer at Balance Club Brumlovka) • Football freestyle • How to juggle the ball correctly • Freestyle training: Flick Up Moves category, Sitdowns category and Air Moves category • Connection: Trying out the moves in a circle • Fun football games and photoshoot

### Why come?

Learn new skills from a professional • Enjoy some fun and exercise • Meet football freestyle enthusiasts • Come along and maybe win a selected sports gift!

Follow [Brumlovka's FB profile](#) and win an individual workshop with Marcel.

**The workshop is free of charge and will be held in English, but capacity is limited**, so please register by email: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

**Brumlovka.**

Brumlovka

# Talks from Brumlovka

**When:** Wednesday 21 August 2024 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:** [Dušan Mlynářčík](#)

Dušan Mlynářčík started his career in catering and development, before moving to precious stones and jewellery, where he has been working for over 30 years. He and his then-girlfriend founded the jewellery company JK Jitka Kudlackova, which Dušan Mlynářčík runs today.

The company especially prides itself on its goldsmith skills, using state-of-the-art technologies and working with purely natural materials, stones and pearls. These natural raw materials not only boast outstanding physical properties, but are also of great value to the client, further enhanced by the individual approach and subsequent care of the client and his or her jewellery. JK, not only makes jewellery, but also valuable items. One of them is the 'Czech Egg'. It took over a year to create together with chief designer David G. Hrubec, who received the prestigious AGTA Awards during his global tenure.

**Brumlovka.**

**Talkshow.**

## Dušan Mlynářčík



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Food festival.



## America at Brumlovka



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Náměstí Brumlovka

# Street Food Festival: America at Brumlovka

**When:** Thursday 22 August 2024, from 11 a.m. to 3 p.m.

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

The journey through America will take you from juicy burgers, hot dogs, pulled pork, BBQ ribs, Mexican tacos and Kentucky fried sandwiches, to spicy chicken wings, poutine, mač'n'cheese and sweet churros.

A music programme will be prepared for you during lunch.

We look forward to seeing you.

**Brumlovka.**

Náměstí Brumlovka

# Dance lessons at Brumlovka

**When:** Wednesday 28 August 2024 from 7 p.m.

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

At the end of the summer holidays, we'll be taking a short trip to the Caribbean, home of the two dances we'll be dancing together. We start with the mambo, which comes from Cuba, and as a bonus, we'll include the basics of bachata, which comes from the Dominican Republic.

**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.

We look forward to seeing you.

**Brumlovka.**

Taneční.



## Dance lessons at Brumlovka



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Dating.



SEZNAMKA  
ŽWAKOVI



## Serious Dating, I Want a Family



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Brumlovka Building

# Dating: Serious Dating, I Want a Family

**When:** Thursday 29 August 2024, from 7 p.m.

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

Looking for a lasting and long-term relationship with a view to a family in the future? We've prepared a conversation and dating evening for those who are looking for their soulmate and planning to start a family. The event is intended for single men and women under 40 years of age and will take the form of speed dating. Have a short chat with each one and see for yourself whether there's any spark between you.

Try your luck and sign up!

from 7:00 p.m.

women and men under 40 – CZ

Brumlovka.

Brumlovka

# Regular sports activities at Brumlovka

## 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.

## Outdoor yoga for the Public

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

**Where:** Brumlovka Park, Za Brumlovkou Street

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 Brumlovka](#).

**Brumlovka.**

Sport.



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Sport.



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Nové Roztyly

## Regular sports activities in Nové Roztyly Park

We regularly organize sports session from May to the end of September in Nové Roztyly as well.

### 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.

### Fitness Workout

**When:** every Wednesday, from 6 to 7 pm.

**Where:** Street Workout Area, the Nové Roztyly Park

The Wednesday workout with Eva Neměthová 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](http://running2.cz) Soňa Hrabec Kotulová and Michal Hrabec.

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



Building B

# SAVE THE DATE: Clothing Bazaar

Hunt down some new gear for your wardrobe at great prices!

**When:** Thursday 19 September 2024, from 9:00 a.m. to 7:00 p.m.

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

If you're interested in participating as a vendor, please email us by **11 September 2024** at [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

The point of sale is free. For a financial fee, we will provide clothes racks and tables. **Fitting rooms and mirrors for shoppers are provided free of charge.**

**YOU'LL MAINLY BE ABLE TO SELL AND PURCHASE WOMEN'S AND GIRLS' FASHION, ACCESSORIES, SHOES AND JEWELLERY.**

**Brumlovka.**

Clothing Bazaar.



Hunt down some new gear for  
your wardrobe at great prices!



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Building B, Beta Building and Filadelfie Building

# FLEKSI offers short- and long-term rentals

FLEKSI's flexible and fully-serviced offices offer short- and long-term office space rentals for individuals or entire teams in the Filadelfie, Beta and Building B buildings.

Available to move in immediately. Just come and start working.

## With FLEKSI you get:

- Furnished office space
- Co-working
- Reception services
- Meeting rooms and event spaces
- Lockers and call boxes
- Kitchen equipped with appliances and utensils
- 24/7 access and meeting room booking via the FLEKSI app
- Free coffee and selected drinks

More information at [www.fleksi.cz](http://www.fleksi.cz).

Contact: [info@fleksi.cz](mailto:info@fleksi.cz), +420 720 730 000



**FLEKSI**

Brumlovka Building

# 16th annual tennis doubles tournament

**When:** Sunday 25 August from 9 a.m.

**Where:** Tennis courts LTC 1927 Prague - Michle, Pekárenská 1598

Balance Club Brumlovka and the Brumlovka site are organising the 16th annual doubles tennis tournament for all amateur players.

The tournament is open to non-registered players, 32 pairs in total, and the winners will receive valuable prizes. Refreshments provided during the event.

**Entry fee:** Balance Club Brumlovka members – free; others – CZK 400.

Due to limited capacity, please confirm your participation by emailing

[rezervace@balanceclub.cz](mailto:rezervace@balanceclub.cz)

balance  
club  
BRUMLOVKA





Beta Building

# Lean In Middle

Development programme for women in business

**When:** from 24 October 2024 to 22 May 2025

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

**Meetings:** 8 in total, once a month, always from 9:00 to 11:00 a.m.

Are you interested in professional and personal development for yourself or as an employee benefit for your company? The Business Leaders Forum (BLF) offers the Lean In Middle development programme for women in middle management positions. The programme is based on Stanford University's Lean In methodology and aims to enable women to support one another to succeed in their careers and personal lives.

Facilitated discussions in a closed group of up to 10 women from different companies and industries will focus on the individual development goals of each participant under the guidance of an experienced trainer. After completing the programme, the women become part of the Lean In Alumni Network, now numbering over 300 women, for whom regular inspirational and networking meetings are organised. For more information contact: [leanin@blf.cz](mailto:leanin@blf.cz).

Price: **CZK 30,000** + VAT.

(With the discount code "Brumlovka" you can receive a 20% discount )

Bookings: [leanin@blf.cz](mailto:leanin@blf.cz) or fill in the non-binding application [form HERE](#)



Filadelfie Building

# Better Barber:

a new barber shop with years of experience  
in the Filadelfie building

In the completely renovated space of a former wine shop you can now enjoy the services of an established barbershop, which has moved here from nearby Michelská Street and where its experienced barbers now offer a relaxed atmosphere and especially excellent service.

Opening hours are adapted to those who prefer to get a trim in the morning before work, as well as people who like to enjoy a moment to themselves between leaving the office and coming home. It's also open at weekends. Prices for a haircut start at a very reasonable **CZK 500**, while for **CZK 800** you get your hair and your beard done. Customers can also enjoy a bonus system, with every tenth visit free of charge.

You can easily book yourself in by visiting [www.betterbarber.cz](http://www.betterbarber.cz). But if you're making a spontaneous or last-minute decision, then you'll love the walk-in option: come along and if the barbers are free, they'll be happy to take you without an appointment.



- ✓ price from CZK 500
- ✓ loyalty program available on a mobile phone
- ✓ every 10th visit free

[www.betterbarber.cz](http://www.betterbarber.cz)





Beta Building

## ASKO laundry care concept - now in Style design

The design showroom of the ASKO Scandinavian brand in the Beta building is now showcasing exclusive stainless-steel appliances for laundry care in the Style design. They are instantly eye-catching with their timeless look, top craftsmanship made of the highest quality materials and a number of innovative solutions used by professional operations. That's why the comprehensive laundry care concept has won the most prestigious international design and functionality award - the Red Dot Best of the Best. It uses washing machines with the patented Quattro Construction™ system, which makes the machine more durable, quieter and more gentle on fabrics. The drum is also unique, with two nozzles like in professional washing machines and a system with no rubber seals to trap dirt. They are complemented by equally unique dryers featuring the patented Butterfly Drying™ system, which mimics the flapping of butterfly wings.

Despite their compact size, with a low-temperature stream of air they can dry as much laundry as you would normally fit on a 16m washing line. **Visit the ASKO showroom - until the end of the summer and get a 10% discount on**



Brumlovka Building

# Like wearing contact lenses during the summer?

The LENS OPTIK opticians offers an „annual care programme“. This lets you get every fourth pack of contact lenses for free. Contact the opticians in the Brumlovka building to find out which products are covered by this special offer.

Option to pay using benefits.

Mon – Fri: 10 a.m. – 6 p.m.

tel. 605 858 859



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Every fourth pack of contact lenses for free



Delta Building

# Turnovská pivnice Pub - catering for companies

Planning a corporate event for your clients or employees and looking for unique catering? The Turnovská pivnice Pub will be happy to help you with this. They will put together a tailor-made savoury, sweet, vegetarian or completely vegan catering menu to your liking, including professional service. You can then enjoy the meals on your premises or in the restaurant, which can also be completely hired out.

The vast majority of products, from pastries to cakes to meat products, are produced by the Turnov Pub itself, so you can always rely on the highest quality.