



# Flower workshop: Autumn wreath



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Filadelfie Building

## Flower workshop: Autumn wreath

**When:** Tuesday 1 October 2024, from 5:30 p.m. to approx. 8 p.m.

**Where:** Roast & Grill Bistro, Filadelfie Building shopping arcade,  
Želetavská 1525/1

Come and make a beautiful wreath and take a "bit of autumn" home with you. The price of the workshop includes a welcome drink and the natural materials needed to make the wreath (rosehips, pine cones, heather, dried grasses), the wicker body, floristry material and the loan of the tools you'll need. The course is also suitable for beginners.

**Price:** CZK 790 / person | **Capacity:** 8-15 people

Payment for the workshop on the spot, in cash.

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

Květiny Romantika offers courses for individuals and groups as a part of company teambuilding events.

**Brumlovka.**

Filadelfie Building

# Travel Evening: The Mysterious Kingdom of Saudi Arabia

**When:** Wednesday 2 October 2024 from 5:30 p.m.

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

**Speaker:** Martin Půlpán

Welcome to the land of the Prophet Muhammad. Welcome to a country that holds its own secrets and has only recently opened up to the world. Welcome to a desert kingdom that will completely absorb you with its beauty and history. Saudi Arabia is shrouded in many myths, but what does the country that is the setting of Islam's holiest sites really look like?

Together, we will walk through deserts full of historic oases, visit the holy city of Medina - the burial place of the prophet Muhammad, discover small mountain villages on the border with Yemen and, most importantly, we will get to know the friendly locals with whom adventurer and traveller Martin Půlpán aka Lost Czech Man spent every day. We will visit places the average tourist doesn't get to see... We will herd camels with their herders, walk through colourful markets, and we will also see what camping is like in Saudi Arabia or how a family council, where important decisions are made, is held.

**Brumlovka.**

Travel Evening.



# The Mysterious Kingdom of Saudi Arabia



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Workshop.



# Dot Painting Mandalas



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Building B

## Workshop: Dot Painting Mandalas

**When:** Monday 7 October 2024, from 5:30 p.m.

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

**Lecturer:** Helena McAlorum

Each of us has creative potential. Let's find it and develop it together with Helena McAlorum, and enrich our life with a new dimension. You can look forward to the easy technique of painting mandalas with acrylics on a 30x30 cm canvas. You'll learn to discover the creative power we all have within us. You'll gain perspective and patience as you paint and enjoy living in the moment.

All the art supplies you need are included in the price of the workshop.

We recommend coming in older clothes as you might get dirty from the paint. Designed for advanced adults and complete beginners.

Price: **CZK 650/ person**

Duration: approx. 3 hours.

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

**Brumlovka.**

Building B

# Talk: Training within the female cycle

**When:** Wednesday, 9 October 2024 from 6:00 PM

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

**Speaker:** Kateřina Lízlerová

Although this topic is still not commonly discussed, it is extremely important, at least for half of us! Understanding the female cycle is crucial not only for the women themselves, but also for the men who are connected to them in some way. This lecture is not only for women athletes, but also for all those who work with women athletes. Our goal is to spread awareness of these important issues as much as possible, so we would be delighted if you could join us at the seminar.

**During the lecture you will learn about:**

- The course of the female cycle
- Hormones
- The cycle and training
- Metabolism & diet & hydration
- Supplements and tips
- Hormonal contraception
- RED'S syndrome
- Menopause

**Cena:** CZK 150 / person

(Free of charge for Balance Club Brumlovka and FLEKSI members.)

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

**Brumlovka.**

Talk.



## Training within the female cycle



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Workshop.



# Qi Kung: Exercises for health and vitality



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Building B

## Qi Kung: Exercises for health and vitality

**When:** Thursday 17 October 2024, from 5:30 p.m.

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

**Lecturer:** **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.)

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

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

**Brumlovka.**

Brumlovka Building

# Foreign dating site

speed dating not only for foreigners

**When:** Thursday 17 October 2024, from 6 and 8 p.m.

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

Do you speak English and would like to meet a foreigner or Czech who can converse in English? You no longer have to enter “Czech dating sites in English” or “expat speed dating Prague” into the search engine. Better to book a free day for your quick date at Brumlovka.

Come and have fun, get to know each other and try what it's like to date in English! In 1 evening you will meet up to 8 single men or women looking for a partner. The evening is full of fun and a relaxed atmosphere. Don't worry if you don't speak Czech well. All conversation is in English. At the end of the evening, you decide who you would like to invite on another date. Discreetly, safely and without language barriers. In short... **Try your luck and sign up!**

<b>From 6 p.m.</b>	women aged 24-39, men aged 28-39
<b>From 8 p.m.</b>	women aged 32-48, men aged 45-54

**Brumlovka.**

**Dating.**

SEZNAMKA  
ŽWAKOVI



## Speed dating not only for foreigners



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Tasting



# Cupping - Coffee tasting



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Brumlovka Building

# Cupping - Coffee tasting

**When:** Wednesday 23 October 2024 from 6 p.m.

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

**Speaker:** Ondřej Petrus

Like coffee and want to learn how to distinguish different flavours and appreciate the nuances of different types of coffee? Then cupping is just the thing for you. During the tasting, Ondřej will guide us through the history of coffee, offer a peek into the world of sensory science and explain the role it plays in coffee.

You'll learn to perceive the flavour notes and describe the characteristics of different coffees. You can look forward to tasting coffees from regions such as Indonesia, Colombia, Kenya and Ethiopia. A total of 7-10 samples will be available.

**Price:** CZK 300/ person (The number of places is limited.)

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

Brumlovka®



Filadelfie Building

# Dance Lessons at Brumlovka

**When:** Wednesday 23 October 2024 from 7 p.m.

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

The first autumn dance will be in the spirit of Rock 'n' Roll, which is not only a musical genre, but also a dance style. It became widespread and popular worldwide in the 1950s. We will be dancing JIVE, with elements of ROCK 'N' ROLL, in October.

**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**<sup>®</sup>

## Dance Lessons.



## Dance Lessons at Brumlovka



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Event.



## Enjoy some autumn soup on Brumlovka Square



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Náměstí Brumlovka

# Enjoy some autumn soup on Brumlovka Square

**When:** Thursday 24 October 2024, from 11 a.m. to 3 p.m.

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

Come and warm up with delicious soups at Brumlovka Square. The menu will include classic Czech soups such as potato soup, cabbage soup, garlic soup and tripe soup. But you will also be able to taste Italian tomato soup, pumpkin soup or Mexican bean soup.

A music programme will be prepared for you during lunch.

We look forward to seeing you.

**Brumlovka**®

Brumlovka

# Talks from Brumlovka

**When:** Wednesday 30 October 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:** [MD Pavel Šnajdr, Ph.D.](#)

MD Pavel Šnajdr, Ph.D. has a certificate in general medicine, which he also practices at the private Health+ Clinic. Among other things, he also teaches first-year medical students at the Anatomical Institute of the 1st Medical Faculty at Charles University. His daily medical theme is the ailing patient with an emphasis on understanding the broader context. He sees emotional health as a prerequisite for a happy life, and is also a great promoter of healthy sleep and its effect on the overall functioning of the human body. In addition to general medicine, he is engaged in the implementation of artificial intelligence (AI) in healthcare. The Health+ Clinic is one of the first in the Czech Republic to use telemedicine, offering its own app. to its patients, but it primarily works with the digitised format of all medical reports, which it has been collecting for the last 14 years.

The interview will be conducted by Eduard Forejt.

**Brumlovka.**

**Talkshow.**

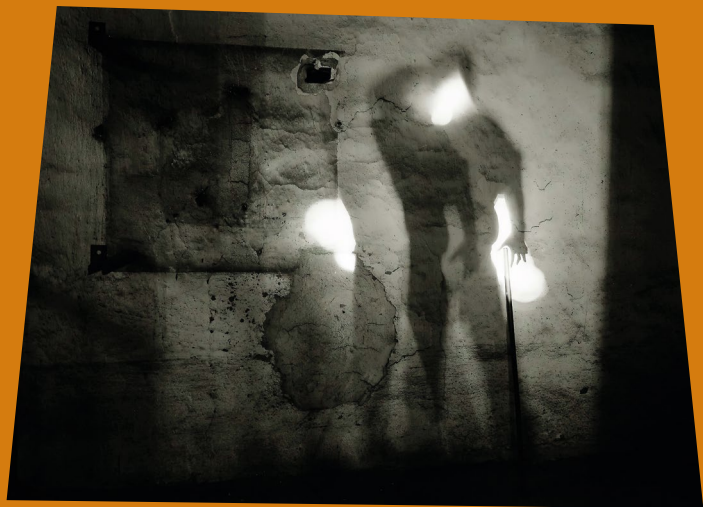
## MD Pavel Šnajdr, Ph.D.



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Exhibition.



Pre-event events



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Alpha Building

## Exhibition: Pre-event events

**When:** from 7 October to 1 November 2024

**Where:** Alpha Building, Vyskočilova 1461 / 2a

Jan Vávra is a Czech photographer who specialises in staged conceptual photography, his work focuses on portraits and figurative photography, as well as landscapes and other photographic genres.

The author lives and works in Písek as an independent photographer.

Brumlovka®

Bethany Community Centre

# Lectures - Jesus Your Hope

**When:** from 29 October to 14 December 2024, from 6:30 p.m.

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

Radim Passer, a Czech investor, developer and founder of the Maranatha Christian Organisation, will lead a series of Bible lectures under the title of "Jesus Your Hope" at the Bethany Community Center at Brumlovka from 29 October to 14 December.

As the keynote speaker, he will focus on current topics, issues of faith, the afterlife, the importance of the Bible in today's world, the principles of healthy living and much more. During the lectures he will also present his life story full of obstacles and what led him to the path of faith. Listeners can look forward to inspiring evenings.

Free admission. More information can be found at [spolecenskecentrum.cz](https://spolecenskecentrum.cz)



# JEŽÍŠ Tvá NADĚJE

**26** biblických přednášek  
a životní příběh Radima Passera

**29.10. – 14.12. 2024 | 18:30 hod.**

**Přednáší  
RADIM PASSER**

**SPOLEČENSKÉ  
CENTRUM  
BETHANY**

Za Brumlovkou 4  
Praha 4

Více informací na:  
[spolecenskecentrum.cz](https://spolecenskecentrum.cz)





Brumlovka

# World Sight Day

get involved and support the White Crayon  
fund-raising campaign

Since 1990, we have observed World Sight Day every October. The goal of this awareness campaign, coordinated by The International Agency for the Prevention of Blindness (IAPB), is to raise awareness about eye health.

This year, the campaign focuses primarily on children's eye health. Don't underestimate the importance of eye health for yourself or your children, and make regular visits to your eye doctor. If you want to learn more or need contact information for specialized facilities, visit [www.bezbryli.cz](http://www.bezbryli.cz) or consult your eye care specialist.

You can also get involved in supporting and promoting World Sight Day. Please support the „Bílá Pastelka“ campaign, organized by the United Organization of the Blind and Visually Impaired of the Czech Republic. Fundraising days will take place **from October 14th to 16th**, but you can contribute year-round.

**Alcon**

Brumlovka

# Collection Car Wash Autumn events

The Collection Car Wash, which offers detailing and care for your car, has come up with an interesting special offer. Try the autumn package and **save up to CZK 2,500**. Choose the A5 programme, plus body waxing and air conditioning disinfection, all for the bargain price of CZK 3,990.

**Automyčka**<sup>®</sup>  
Collection

Podzimní balíček v

**AC**<sup>®</sup>  
**STORE**  
Automyčka Collection<sup>®</sup>



Program A5



Voskování  
karoserie



Dezinfekce  
klimatizace

za akční cenu: 3.990 Kč

SUV, MPV a vyšší vozidla - příplatek 20%.

Na akční balíček se již nevztahují žádné jiné slevy.

Ušetříte až  
2.500 Kč

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+420 607 000 555

Informace o využití na našich pobočkách.

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





Olivka Building

# Café Parkofka welcomes autumn with new drinks

Autumn is beginning to make its presence felt and Café Parkofka is ready for this change. While iced drinks are still on the menu at this popular café, favourites like hot chocolate, fresh ginger tea, and maple and pumpkin spice lattes also now await you.

Parkofka has also expanded its range of Organic Human vitamin shots by adding Ginseng and Turmeric flavours. Another new item is the Mocha Latte - a combination of espresso and hot chocolate. So come and give them a try and warm yourself up in the coming colder days.





Filadelfie Building

# Better Barber:

a world of modern barbering for good prices

At Better Barber on the ground floor of the Filadelfie Building, customers will discover a world of modern barbering for good prices. The company offers a convenient and flexible approach to bookings - whether you prefer to book online or prefer walk-ins, they will always welcome you.

With opening hours from 7 a.m. to 9 p.m. on weekdays and from 10 a.m. to 6 p.m. on weekends, they can accommodate even the most demanding schedule. They also have a special loyalty program for their customers, which is easily uploaded to your mobile phone and **every 10th visit is on the house**. Become a member of the Better Barber community and enjoy a great service and every 10th visit for free.

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

tel: +420 725 726 832





Filadelfie Building

## Coffee break boxes at the Roast&Grill Bistro

The popular Roast & Grill Bistro in the shopping arcade of the Filadelfie Building has prepared a new item for its customers. The bistro now prepares so-called "Coffee break boxes" in several versions - savoury, sweet, meat and vegetarian.

The boxes can be picked up in person or delivered. You can also already order parcels for Christmas for your loved ones, colleagues or company employees (from CZK 500 to 1,000). The bistro has also extended its opening hours and is now open from 8 a.m. to 6 p.m.

This means you can stop by for breakfast in the morning, enjoy a delicious lunch afterwards, or drop in for a glass of wine, prosecco or tapas in the afternoon after work.

[info@roastgrill.cz](mailto:info@roastgrill.cz)  
**+420 722 779 994**

roast & grill  
bistro

Filadelfie Building

# Timeless classics in JK Jitka Kudláčková Jewels

**"Tennis bracelet"** - stylish and sophisticated. It is no longer the case that you wear this piece jewellery only on the red carpet or at other socially important events. You can also embellish your everyday outfit with this bracelet subtly set with diamonds.

The Czech JK Jewellery shop offers a combination with yellow gold or coloured diamonds in addition to the traditional white gold and white diamonds version.



# Karamelové caffè latte

Vyzkoušejte nápoj ve studené i teplé verzi



pouze  
velikost M

79  
Kč

# Krémový pistáciový cheesecake



Beta Building

## Costa Coffe invites you to try its seasonal special offer

### Caramel caffè latte for a special price

Some like it hot, some like it icy. Some drink it unsweetened and plain, others choose from a range of sweet flavours. And for these customers, Costa Coffee offers the coffee favourite called the caffè latte with the popular caramel flavour at a sensational special price! Take advantage of the special offer and order a caramel caffè latte in size M, either hot or iced, for yourself and your friends and recharge for the autumn days with sweet energy.

### Pistachio cheesecake

We have a riddle for you. Which cake is the most popular in our region? You guessed right, the legendary and everyone's favourite cheesecake! And which flavour dominates all desserts and ice creams? Of course it's pistachio! At Costa Coffee, they have combined them into one perfect whole - a pistachio cheesecake. The dessert consists of a rich, tangy, creamy layer on a moist base, the surface is decorated with a pistachio crust with chopped pistachios and is garnished with rose petals. But you have to hurry - pistachios are in, so this dessert flies off the shelves every day!

