



Floral workshop: making a bouquet



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Passerinvest

Filadelfie Building

Floral workshop: making a bouquet

When: Tuesday, 5 November, from 5:30 p.m.

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

Come and try your hand at making an autumn bouquet. You will learn the correct tying technique and will receive advice on selecting a flower colour combination. The price of the workshop includes a welcome drink, flowers and greenery, loan of tools and you can take the bouquet home with you of course.

The course is also suitable for beginners.

Price: CZK 990 / person | **Capacity:** 8-15 people

Payment for the workshop on the spot in cash.

Reservations: marika.duchonova@passerinvest.cz

Brumlovka.

Filadelfie Building

Travel Evening: Iraq - a country that (probably) cannot be helped

When: Wednesday, 6 November, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Vladimír Váchal

Come and hear how to travel around a country that has topped the list of the most dangerous countries in the world since 2003 and where the vast majority of people fondly remember the Saddam Hussain era. Vladimír Váchal visited this country at the beginning of 2003 and brought back many photographs, which he will present to you with his commentary.

Join us in travelling to Babylon, Uru, Uruk and Nippur. We will view the appearance of post-war Baghdad and the holy places of Shiite Islam such as Najaf and Karbala. Come and hear how one can travel today in a country that is often referred to as the cradle of human civilisation.

Brumlovka.

**Travel
Evening.**



Iraq - a country that (probably) cannot be helped



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Dating.



Dating for Exercise and Sports Enthusiasts



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Brumlovka Building

Dating for Exercise and Sports Enthusiasts

When: Thursday, 7 November, from 6:00 and 8:00 p.m.

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

Join our sporty dating evening! If you're into sports or exercise, then this is the perfect evening for you. We bring together men and women who are currently single and share a passion for an active lifestyle. However much into sports you are, you'll quickly and easily find plenty in common with the others.

Try your luck and sign up!

from 6 p.m. - CZ	women aged 37-49, men aged 45-54
from 8 p.m. - CZ	women and men aged up to 35

Brumlovka.

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday, 13 November, from 7 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Come and dance with us for free under the tutelage of Lenka Nora Návorková – multiple Champion of the Czech Republic in Latin American dance and winner of the StarDance television competition.

You can look forward to some Cuban cha-cha and rumba in November. Both dances have much in common and you will learn a short routine for each of them, which can be danced either solo or in a couple.

Come along and get dancing at Brumlovka. We look forward to seeing you.

Brumlovka®

Dance Lessons.



Dance Lessons at Brumlovka



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Passerinvest

Workshop.



How to create a sustainable diet



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Passerinvest

Building B

Workshop: How to create a sustainable diet

When: Thursday 14 November 2024, from 5:30 p.m.

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

Lecturer: Andrea Mokrejšová

This workshop is for everyone who wants to develop healthy eating habits. It is ideal for those looking for a balance between health, practicality and flavour, and who want to avoid extreme diets or unsystematic approaches to eating.

What you will learn during the workshop:

- how to create a balanced and sustainable diet
- how to set realistic goals and procedures to help you maintain your new routine
- tips on how to tackle common obstacles that can hinder sustainable eating
- practical advice for planning, preparing and enjoying meals to support your efforts to eat healthily in the long term
- how to choose your food
- practical tips on buying, storing and preparing food.

Admission: **CZK 150 / person** | Payment for the workshop on the spot in cash.

Free of charge for Balance Club Brumlovka and FLEKSI members.

Registration: marika.duchonova@passerinvest.cz

Brumlovka.

Building B

Workshop: Create a stylised fashion portrait

When: Thursday, 21 November, from 5:30 to 7 p.m.

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

Lecturer: Veronika Zachová

Experience an evening of creativity, relaxation and inspiration. Learn the basics of the proportions of the face and figure, techniques for working with markers and simple methods for drawing clothes.

Who is the workshop intended for?

For everyone who loves fashion and likes to learn new things. The workshop will be full of drawing, creativity and a relaxed atmosphere over a cup of coffee. Anyone can draw, regardless of previous experience, and you will master everything step by step with the teacher.

- 5:30 p.m. Basics of the proportions of a stylised face and figure
- 6:45 p.m. Coffee break
- 7 p.m. Basics of drawing clothes and working with markers

Workshop price: **CZK 690 / person** | Payment for the workshop on the spot in cash.

Registration: marika.duchonova@passerinvest.cz

Brumlovka.

Workshop.



Create a stylised fashion portrait



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Workshop.



Making an Advent wreath



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Filadelfie Building

Workshop: Making an Advent wreath

When: Tuesday, 26 November 2024, 5:30 – 8 p.m.

Where: Roast & Grill Bistro, shopping arcade in the Filadelfie Building
(Želetavská 1525/1, Prague 4)

The price of the workshop includes a welcome drink, fir wreathes, candles, decorations, florist materials and loan of tools. You will take the Advent wreathes you make home with you. The course is suitable for beginners.

All participants of the workshop will be given a 10% discount in the Květiny Romantika flower shop on the day of the workshop.

Price: CZK 1,290 / person | **Capacity:** 8–15 people

Payment for the workshop on the spot in cash.

Reservations: marika.duchonova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday, 27 November, from 6 p.m.

Where: première online on the [Brumlovka FB profile](#)

Host: Eduard Forejt

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, but always at Brumlovka.**

This month: [Klára Meera](#)

The idea to start her own fashion brand came to Klára more than eight years ago and was based on her extensive experience in designing sports jerseys. Her strict insistence on quality, sustainability and comfortable fashion formed the basic principles of Meera Design, and these principles are still found in her work today.

Custom sewing, so-called "on the meer," has found a number of customers of different ages and professional categories. Today, Meera Design operates a boutique at Brumlovka, an e-shop, and regularly organises fashion shows and thematic meetings for women. Klára has managed to create a community and environment where women feel comfortable, come for support, share their feelings and have a good time. They find a personal style here, and not just in fashion.

Brumlovka.

Talkshow.

Klára Meera



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Event.



Lighting of the Christmas Tree



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Náměstí Brumlovka

Lighting of the Christmas Tree

When: Thursday, 28 November, from 11 a.m. to 7 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

As Advent approaches, we'd like to warmly invite you to the traditional lighting of the Christmas tree on Brumlovka Square. Come along and sing carols with us and get in the mood for the Advent period. The cultural programme will be complemented by Christmas and refreshment stands, where you will be able to purchase mulled wine, grog, hot apple juice, soup, strudel, drop scones and Christmas biscuits.

- | | |
|-------------------|------------------------------------|
| • 11 am–7 pm | Christmas themed stands |
| • 4 pm–5 pm | Musical performance |
| • 4 pm–7 pm | Creative workshops for childrens |
| • 5 pm–5:10 pm | Christmas tree lighting ceremony |
| • 5:10 pm–6:30 pm | Rolníčka children's vocal ensemble |
| • 6:30 pm–6:40 pm | Carol singing |
| • 6 pm–6:20 pm | Rolníčka children's vocal ensemble |
| • 6:20 pm–6:30 pm | Carol singing |

Brumlovka.

Alpha Building

Exhibition: JANE H.- Life

When: 2–30 November 2024

Where: Alpha Building, Vyskočilova 1461/2a

Pictures painted from life for life. The opening of the „Life“ exhibition will take place on **Thursday, november 7 from 6:30 p.m.** also in the Alpha Building.

The exhibition will guide you through the personal story of the author, where you will be able to perceive the pulsating energy of abstract images recorded in earthy and soft tones that have a harmonizing effect.

Brumlovka.

Exhibition.



JANE H.- Life



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Sport.



Regular runs with Puma



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Brumlovka

Regular runs with Puma

When: every Tuesday between 5:30-6:30 p.m.

Where: meet up at 5:20 p.m. at reception of the Beta building
(Vyskočilova 1481/4, Prague 4)

Are you tempted by running but don't know how to get started, or do you start running time and time again, but never stick to it? Come for a free run with us, led by Running2 running motivators and bloggers - Soňa Hrabec Kotulková and Michal Hrabec. They'll convince you that running is a really beautiful sport that anyone can do and will advise you how to run so that you enjoy it.

The running group is divided into slower and faster runners.

Brumlovka®

Brumlovka

Yoga for everyone

When: Every Thursday 7 - 8 a.m.

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

Come and join us for a free yoga session under the guidance of enthusiastic yoga instructors Daniela Bacíková and Šárka Furda.

Who is it for? For beginners and advanced practitioners of all ages. **What do I need to bring along?** Your own mat, water and a good mood. **What can you look forward to?** Breathing exercises, gentle and more challenging postures and meditation.

Advance reservations are not required. Get more information by writing an email to: marika.duchonova@passerinvest.cz

Brumlovka®

Sport.

FLEKSI



Yoga for everyone



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Passerinvest

Rizika virtuální komunikace pro rodiče a dospělé

webinář zdarma

Brumlovka

A webinar: Risks of virtual communication for parents and adults

Join the online webinar organised by the O2 Foundation as part of [Week for Digital Czechia](#). The webinar on the topic "Risks of virtual communication for parents and adults" will be led by experienced lecturers from the E-Safety project, which has a long-term partnership with the O2 Foundation.

The aim of the two-hour online meeting is to develop the knowledge, skills and attitudes of parents and adults so that they are able to effectively protect themselves and their children from the threats of the virtual world. We will also discuss social networks (incl. TikTok) and the issue of AI and its impact on the safety of online communication.

The webinar, which is free of charge, will take place on Friday 22 November from 2 to 4 pm. It is open to all employees of companies based within the Brumlovka complex.

[Registration form](#), please complete by Wednesday, 20 November by 12 p.m.

Building B, Beta, Filadelfie

FLEKSI Open Day

When: Thursday, 6 November, from 11 a.m. to 2 p.m.

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

FLEKSI **Beta**, Vyskočilova 1481/4

FLEKSI **Filadelfie**, Želetavská 1525/1

We invite you to the Open Day at FLEKSI branches at Brumlovka. Come and view the serviced offices, coworking space, modern event and meeting spaces, while enjoying refreshments along with delicious coffee and surprises at each branch.

More information about the event is [available HERE](#).

More information at www.fleksi.cz.

Contact: info@fleksi.cz, +420 720 730 000

FLEKSI





Building B

FLEKSI invites to November events

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

13 November, 5:30 - 7:30 p.m. - [Etiquette course with Etiquette for Every Day](#) | Attend a lecture by Etiquette for Every Day with Libor Neuwirth, where you will learn how to apply etiquette correctly in different situations.

20 November, 5:30 - 7 p.m. - [First aid course with PPŽIVĚ](#) | We invite you to an interactive lecture on the essential basics of first aid under the guidance of lecturer Lucie Kadlečková from FIRST AID LIVE. Come and practice resuscitation or using an AED and compare your knowledge in a competition for gifts.

27 November, 5:30 - 7 p.m. - [Benefits of edible insects and how to build the largest company in this segment in 3 years](#) | Find out with Adam Dostal, CEO of the Grig company, more about the benefits of edible insects and the story of the brand of the company that became the largest in this segment.

All events are free, but places are limited, so please register by clicking on the event links.

FLEKSI

Brumlovka Building

Balance Club Brumlovka appeals to clients with its renovated wellness facilities

Balance Club Brumlovka constantly endeavours to invest in improving the facilities and services it provides to its members. This is also why the club decided to renovate the saunas and the adjacent relaxation areas on the terrace. Members can look forward to brand new wood panelling made from aspen, brushed spruce and quartzite.

Everyone will be impressed by the new method of evaporating essences for scenting the space in the herbal sauna, and the panoramic sauna has a new interior layout that will allow even more visitors to enjoy relaxing in comfort. The adjacent relaxation rooms have also been given a new appearance, so come and see for yourself.

balance
club
BRUMLOVKA





Delta Building

Turnov Pub catering services

Birthday party, anniversary, corporate event, Christmas party, team building, training, coffee break or other event?

They will be happy to help you with everything at the Turnov pub, the staff will customise savoury, sweet or completely vegan catering according to your wishes, including professional service, either at your premises or in the restaurant, which can also be fully rented with the option of a varied accompanying programme such as a beer pulling course, wine tasting, photo corner, DJ or pub quiz.

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

Building B

Autumn menu at Zrno zrnko

The Zrno zrnko café has prepared a special plum lemonade with “chai latte” spices to warm you up... and a new ingredient has already appeared as a herald of the Christmas season - real whipped cream, which you can use to decorate your dark or milk hot chocolate, have with a caramel latte, or you can have it with a piece of strudel or bundt cake.

ZRNO ZRNKO
— BAKERY & CAFE —





Building A

Perfect Canteen invites you to a St. Martin's goose meal

Accept an invitation by Perfect Canteen and come and taste a real St. Martin's goose. The special week will take place at Perfect Canteen from **11 to 15 September**.

So bon appetit!

Filadelfie Building

A complete autumn outfit from Meera Design

The Meera Design boutique has prepared a new autumn range of two dozen new complete outfits made of comfortable and elastic Organic cotton in GOTS quality. This ensures your maximum comfort throughout the day. All your (morning) worries about “what to wear” and “how to combine it” are gone - your outfit is ready to wear.

The boutique offers outfits in all sizes, which means you can take them home with you right away. Last but not least, you/customers will be pleased with the discounted price of the complete outfit compared to buying the individual items.

Meera Design is here for you from Monday to Friday.





Filadelfie Building

New Kofyka café in the arcade of the Filadelfie building

The big news in November is a change at the espresso bar located in the arcade of the Filadelfie building. Thanks to the new operator, you can now enjoy coffee and coffee drinks prepared by the Kofyka coffee roaster.

Kofyka roasts only the finest quality beans from all corners of the world. Beans from the birthplace of the coffee plant - Ethiopia - will be in the grinder in November. Drinks will be complemented by their own delicious sweet and savoury pastries or products from local suppliers.

KOFYKA
Espresso Bar

Filadelfie Building


Get ready for winter with We Hate Ironing

Cashmere coat, down jacket, your favourite sweater or ski kit? All of this will be cleaned for you by We Hate Ironing, the online dry cleaner. Get your wardrobe ready for the coming winter. Proper and regular maintenance will ensure that your winter essentials are as functional and warm as possible.

Give them a professional cleaning before you wear them for the first time.

 WE HATE IRONING





JDE TO I JINAK!

Filadelfie Building

BODY EXPRESS: Give yourself and your loved ones the gift of great fitness!

Have you weighed yourselves? Does your back hurt? EMS exercise is the fastest way to get fit, burn off excess fat, tone your body and alleviate back pain. Body Express clients also appreciate the time they save - just 20 minutes once a week. By activating all your muscle fibre types and involving as much as 95 % of your muscles, you can eliminate muscle atrophy and imbalance, and strengthen your core.

Now you can choose a gift for your loved ones and yourself from a range of programmes:

- Start the change (10 lessons)
- Excellent fitness (25 lessons)
- Staying in form (50 lessons)

For more information about EMS, [please visit](#).

BODY  **EXPRESS**

Filadelfie Building

News from the Radka Chvalová Beauty Studio

The established Radka Chvalová Beauty Studio offers all pedicure and manicure services, including machine pedicure and gel manicure using the best brands on the market such as CND, ORLY or OPI. Staff at the beauty studio they also take care of your skin and body - the studio offers classic and above-standard cosmetic treatments, including treatment of sensitive and problematic skin or full body hair removal.

For an even greater sense of relaxation, the Radka Chvalová Beauty Studio also offers various massages that relax not only the body, but also the mind. **A new service provided by the studio is permanent make-up**, which is a great choice for the modern woman who wants to save time and look great every day. Thanks to this procedure, you will always have perfectly groomed eyebrows, eye-liner or lips, without the need for to apply make-up every day.

**Radka
Chvalova**
Beauty
Studio





Filadelfie Building

Christmas gifts from dm

Christmas is slowly approaching and dm knows that customers want to gift something special. Fans of cosmetics, fragrances, organic treats or personal photo gifts can choose from the wide range offered by dm.

Unique gift sets containing luxury creams, shower gels and body lotions, which will transform your daily routine into a relaxing ritual, are popular every year. Each set is packaged in beautiful and practical packaging.

There is also a wide range of fragrances for those looking for something a little extra. If customers are unsure of their choice, they can donate a dm gift card worth CZK 500 or CZK 1,000. To make shopping easier and faster, dm offers express pick-up - your order will be ready in-store within 60 minutes of payment.

Brumlovka Building

The Maranatha restaurant invites you to try its new short-order dishes

Visitors to the Maranatha vegetarian restaurant can now enjoy not only a rich and nutritionally balanced menu of hot and cold buffet dishes, but also a “short-order” menu of three to four dishes, which includes such classics as fried cheese with home-made fries and light tartar sauce or fresh pasta dishes.

“Fast food” lovers will appreciate the vegetarian burgers, hot dogs and sandwiches, which they may not even realise are meat-free, so come and try them!

The Maranatha team looks forward to seeing you.



VESELÉ Vánoce



VYTVOŘTE SI VLASTNÍ ADVENTNÍ KALENDÁŘ

Brumlovka Building

The Mandala Montessori shop offers a magical world of animals

Figures from all continents, from our home environment, and also from the fantasy world with unicorns and the prehistoric world full of dinosaurs, from the Mojo and Collecta brands. Visit the magical Mandala Montessori shop and create an original Advent calendar for your children with the help of Collecta animals.

Mandala Montessori (near the Grosseto Restaurant) looks forward to your visit.

Mon - Tue – 10 a.m. – 3:00 p.m.

Wed - Thur – 10 a.m. – 3:00 p.m.



Brumlovka Building

Discover VARILUX XR Design multifocal lenses

The popular LENS OPTIK optician in the Brumlovka building also offers VARILUX XR Design multifocal glass lenses, which assure your vision is sharp at all distances, even when moving.

You can also get a 2nd pair of Varilux XR lenses for FREE until the end of this year.

For more information, visit LENS OPTIK, where you can also pay using employee benefits.

To make an EYE TEST appointment call **605 858 859**.



PRODEJ VOUCHERŮ se slevou 20%



-20%

Sleva platí při koupi 2 ks a více na program A3 a A4.
Voucher můžete uplatit na všech pobočkách AC Store.

www.rucnimycka.cz

Brumlovka Building

Automyčka Collection offers gift vouchers

The Collection Car Wash, a car cosmetic centre offering detailing and care for your car, has come up with an interesting special offer. Give your car or the cars of your loved ones a treat by gifting a gift voucher - **now on sale at a 20% discount.**

Automyčka
Collection

Brumlovka Building

Corporate catering from Coffee Perk

Coffee Perk is not just about coffee. In cooperation with Belcredi Bistro & Bar, they will also prepare catering for your company. Meeting? Guests from abroad? Project presentation? Or just an event with colleagues? After work fun?

No problem, Coffee Perk will cater every event for you for.





Beta Building

News at the ASKO showroom

Get inspired and visit the ASKO design showroom in the Beta building, where you can buy premium appliances from this Scandinavian brand. You will now be able to view the new kitchen appliance range in the Pearl Grey Elements design, inspired by the four elements of nature and the stunning pearl-grey tones of volcanic rocks and majestic Nordic fjords.

These simply designed, modern appliances are made from premium materials, are meticulously crafted down to the smallest detail and have features tested in professional operations. They will fit any interior perfectly, filling it with soft and graceful warmth for many years. They are easily combined with a wide range of materials such as wood, granite, marble and ceramics. And one more piece of great news - until the end of November, you can buy ASKO appliances for the kitchen or laundry, or **for professional wine storage at a fantastic 10% discount from the ASKO showroom.**



ASKO
Inspired by Scandinavia

The new issue of the Brumlovka magazine has come out

Don't miss some interesting reading from the site, introduction of new services or an interview with Radim Passer.

