

We wish you a Merry Christmas and a Happy New Year 2025

Passerinvest

„And those who are wise shall shine like the
brightness of the sky above; and those who turn
many to righteousness, like the stars forever
and ever.“

(Bible, Daniel 12;3)





Brumlovka

Launch of the shuttle service

Changes are always made to the shuttle bus schedule during the end-of-year holiday period. Lines BB1 and BB2 are now back in service and in full operation according to the timetable.



Brumlovka.

Filadelfie Building

Travel Evening: Mongolia - the Land of Endless Plains

When: Wednesday, 8 January, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Vladimír Váchal

You're perhaps also thinking: „What's it really like in Mongolia?“ This was also a question asked by traveller Vladimír Váchal, so he decided to travel there and get to know this unique country sandwiched between two superpowers - Russia and China. He and his friend rented a car and set off to explore the endless Mongolian plains. They slept in yurts, struggled with Mongolian cuisine and faced some tricky situations, such as when their car broke down on the way to a waterfall and they were forced to spend the night with some shepherds.

Mongolia is a beautiful and fascinating country... Come along to our travel evening and let your thoughts drift on your own journey through a country that is something of a descendant of Russian-Chinese relations.

We look forward to seeing you.

Brumlovka.

Travel Evening.



Mongolia - the Land of Endless Plains



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Dating.



Dating for university graduates



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Brumlovka Building

Dating for university graduates

When: Thursday, 9 January, from 6:00 and 8:00 p.m.

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

Are you single and tempted by the idea of meeting an interesting partner? Come along to our speed dating-style conversation evening, where a series of short one-to-one chats will give you the chance to meet 8-10 potential partners in one evening. If you're lucky and the sparks fly, we'll exchange contact details so you can easily arrange your own meeting, which you can then take at your own pace. This evening is for undergraduates and graduates. **Try your luck and sign up!**

from 6 p.m. (CZ)	women aged 38-50, men aged 47-57
from 8 p.m. (CZ)	women and men under 35

Brumlovka.

Building B

Workshop with a certified aromatherapist

When: Tuesday, 14 January, from 5:30 p.m.

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

Lecturer: Mgr. Jana Urbanová

We invite you to a Nobilis Tilia aromatherapy workshop led by professional certified aromatherapist Mgr. Jana Urbanová. You'll learn about the effects of selected essential oils, how to improve your health, strengthen your immune system and how to harmonize yourself with aromatherapy. Learn to harness the power of aromatherapy and essential oils to improve your physical and mental well-being. We'll explain how essential oils affect our body, how you can use them, and recommend specific oils to use during stressful times and to boost your immune system. Mgr. Jana Urbanová is a professional aromatherapist and certified EFT (Emotional Freedom Techniques) therapist.

Book your place in advance by emailing rezervace@balanceclub.cz

Free of charge for Balance Club Brumlovka and FLEKSI members.
Admission for the public: CZK 150.

Brumlovka.

Workshop.



Workshop with a certified aromatherapist



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Workshop.



Yoga Workshop



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Building B

Yoga Workshop

When: Wednesday, 15 January, from 6:00 p.m.

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

Lecturer: Andrea Mokrejšová

Our yoga workshop will focus on how to correctly do the basic yoga postures that will help you better understand the technique and improve your own routine. The workshop will also include breathing techniques that we'll try together and will help you achieve a deeper sense of relaxation and calm. There will be chance during the workshop for you to ask any questions you might have.

Admission: CZK 150 / person

The number of places is limited. The session is intended for beginners and advanced practitioners.

What you need to bring along: Yoga mat, comfortable clothes, blanket.

Reservations: marika.duchonova@passerinvest.cz

Brumlovka.

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday, 22 January, from 7:00 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.

Our January dance lesson will be to the rhythm of MAMBA. A dance that originated in Cuba and has much in common with salsa. Come along in January to warm up, get those hips moving and learn something new. We're sure you'll enjoy the class, whether you come on your own or as 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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Workshop.

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All about Breasts



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Building B

Workshop: All about Breasts

When: Thursday, 23 January, from 6:00 p.m.

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

In our All about Breasts course, we focus on basic information about our breasts and what possible diseases can affect them. We will also be touching upon the often taboo subject of breast cancer and the risk factors it involves. You'll also learn how to effectively prevent breast diseases and how to check your own breasts. Last but not least, we'll remind you what doctors to see and „what to do if...“.

Admission: CZK 150 / person

Free of charge for Balance Club Brumlovka and FLEKSI members.

Registrations: marika.duchonova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday, 29 January, from 6:00 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, but always at Brumlovka.**

This month: **MUDr. Hana Kahleová, Ph.D.**

MD Hana Kahleová, Ph.D. is a physician specialising in endocrinology and diabetology with a doctorate in medical physiology and pathophysiology. She is a clinical research leader, her research focusing on the nutritional treatment of obesity, diabetes, and metabolic diseases. She has published nearly 100 scientific papers in peer-reviewed medical journals, is a member of the American Diabetes Association and the European Association for the Study of Diabetes, and works on updating nutritional recommendations for people with diabetes.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

MUDr. Hana Kahleová, Ph.D.



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Exhibition.



Festive Time



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Alpha Building

Modern art exhibition: Festive Time

When: 4 – 31 January 2025

Where: Alpha Building, Vyskočilova 1461/2a

We invite you along to our annual exhibition of modern art, which this year will be devoted to the holiday atmosphere, and called Festive Time.

What you can look forward to:

- Oil paintings by leading modern painters that capture a sense of joy and well-being.
- Sculptures by world-famous artist Ondřej Vyhnaněk, known for his unique concepts and timeless works.
- A special exhibition of the exhibition's guest: the Klimchi studio, presenting a combination of traditional craftsmanship and modern glass design.

Come and get inspired and enjoy some exceptional art in the unique atmosphere of the festive season.

We look forward to your visit!

Brumlovka.

Building B, Beta, Filadelfie

20% discount

on the price of FLEKSI event spaces and meeting rooms

Looking for a space for your presentation, press conference or meeting at Brumlovka? FLEKSI offers modern premises with perfect technical facilities, which you can use as a Brumlovka tenant with a 20% discount off the standard rate. Just contact FLEKSI saying that you're a tenant at Brumlovka and the discount is yours.

- Event spaces
- Conference room
- Cinema
- Meeting rooms

FLEKSI

FLEKSI

Sídlíte na Brumlovce?

Sleva 20 % na pronájem eventových a zasedacích prostor pro nájemce Brumlovky a členy FLEKSI!

FLEKSI.cz





Brumlovka Building

Balance Club Brumlovka presents its new schedule of classes and lessons

In January, Balance Club Brumlovka presents its new quarterly schedule of studio classes with more than **150 classes per week** in three studios and a pool. You can look forward to a varied selection of classes - from body and mind, strength training, cycling to aqua fitness. The schedule also includes the popular sauna ceremonies.

One new attraction is the Caribbean dance course with Alexandra Fraisová, held every Tuesday from 6:15 p.m. You'll learn the basics of salsa, bachata, Cuban cha-cha-cha, son and rumba, not only mastering the dance steps, but also learning to create links and mini-choreographies with each lesson. One great advantage is that members don't have to book studio sessions and they are completely free as part of their membership.

Employees of companies at Brumlovka have preferential membership terms. For more information, call our Client Centre on **+420 234 749 810** or email info@balanceclub.cz

Building A

Feeling peckish? Get smart with **EAT SMART.** Your 24/7 chef.

Introducing a new form of catering. Come and taste some great food from Cibule Bistro cooked from scratch by Chef Filip Sajler. Choose whatever you fancy from the varied 6-week menu. Easy, no hassle, in the comfort of your office.

Why will you love the EAT SMART fridge?

- Quality food whenever you think of it.
- Cibule Bistro's meals are free of preservatives, chemicals and additives.
- They'll cook your lunch for you at work and dinner at home.
- Top-quality dining in just a few clicks with the app.

The new EAT SMART fridge can be found on the ground floor of Building A.





Oliva Building

Salon Oliva Esthetic: free InBody measurements during January

Salon Oliva Esthetic in the Oliva building in Brumlovka offers professional body diagnostics using the InBody 270. This state-of-the-art device provides a detailed body composition analysis that includes measurements of body fat, muscle mass, water and other important parameters.

The results will give you a better understanding of how your body is shaped and provide you with recommendations for improving your fitness and health. During January, they're offering free measurements to everyone at Brumlovka, which is an ideal opportunity to find out how you're doing fitness-wise and set up a personal plan to get in shape.

They'll be happy to email you the measurement results so that you'll always have them at hand.



OLIVA ESTHETIC
TVOJE PERFEKTNÍ TĚLO