



Dance Lessons at Brumlovka



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

Passerinvest

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday 5 February, 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.

The February dance lesson will be all about the samba, a lively and energetic dance that originates from Brazil. We'll be learning the basic samba principles as well as different figures and variations, which we'll then combine into a short routine. You'll be able to dance it solo or in pairs.

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

Brumlovka.

Brumlovka Building

VIP dating

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

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

Do you have higher expectations of yourself and your potential partner? Know exactly what you're looking for and don't want the bother of searching online dating sites? Try our VIP date night.

Try your luck and sign up!

from 6:00 p.m.	women aged up to 48, men aged up to 59 – CZ
from 8 p.m.	women aged up to 35, men aged up to 39 – CZ

Brumlovka.

Dating.

SEZNAMKA
ŽWAKOVI



VIP dating



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

Passerinvest

Travel Evening.



China – a Small Circuit through a Big Country



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

Passerinvest

Filadelfie Building

Travel Evening: China – a Small Circuit through a Big Country

When: Wednesday 12 February, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Petr Hingar

With less than a month to explore China, can you fully immerse yourself in its charm and mystery? Yes, it can be done. Although it may seem like a fleeting run through the vast expanse of China, the truth is that this journey draws you into an endless story where every stop opens the door to a new world.

The narrative and accompanying photographs will take you on a journey from the historical treasures of Beijing, through the majestic power of the Great Wall, along the magical Li River, through the ancient city of Lijiang to the majestic Yellow Mountains. You'll also visit mighty Xi'an with its legendary Terracotta Army before finally taking a breather at the Jade Mountains, the purest natural beauty in southern China.

Brumlovka.

Building B

Workshop: Make a Valentine's Day candle

When: Thursday 13 February, from 6:00 p.m.

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

Lecturer: Soňa Hrabec Kotulková

Do you like how candles burn so beautifully and create a romantic atmosphere? Apart from being a beautiful home accessory, they can also be the perfect gift, such as on the day of love, St. Valentine's Day.

This year, paint a beautiful, original candle for your partner or even for yourself, and let your imagination run wild! It's not hard, in fact it's great fun. Qualified art teacher Soňa Hrabec Kotulková will teach you everything you need to know, and don't worry that you have no artistic talent – anyone can do this.

Lasts for approx. 2 hours. All the painting supplies and one white candle will be included in the cost of the workshop, and you take the candle home with you. We recommend coming in clothes you don't mind getting spattered with wax.

Admission: **CZK 690 Kč / person**

For adults; the number of places is limited.

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Workshop.



Make a Valentine's Day candle

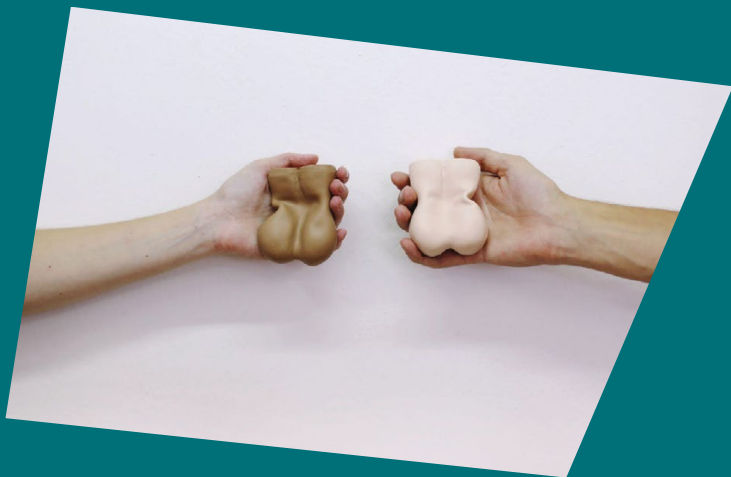


Please use the "Instant translation" function in your Translate App to read this poster in other suitable language. English version of all Brumlovka activities are to be found also at brumlovka.cz.

Passerinvest

Workshop.

loono



All about Testicles



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

Passerinvest

Building B

Workshop: All about Testicles

When: Thursday 20 February, from 6:00 p.m.

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

In our "All about Testicles" course, we focus on basic information about testicles and what possible diseases can affect them. We will also be touching upon the often taboo subject of testicle cancer and the risk factors it involves.

You'll also learn how to effectively prevent testicular diseases and how to check your own testicles. Last but not least, we'll remind you what doctors to see and "what to do if...".

Admission: CZK 150 Kč / person

Free of charge for Balance Club Brumlovka and FLEKSI members

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday 26 February, 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: [Andrea Mokrejšová](#)

Andrea is a qualified nutrition therapist and nutrition specialist at the 1st Medical Faculty of Charles University and a trainer with the FITFAB Strong online fitness program. She has her own nutrition clinic in Prague, where she focuses on clients' individual needs according to their goals, state of health, etc. She is also a nutrition expert in the FitNut Academy and Gravido projects. She shares articles on nutrition, a healthy lifestyle and healthy recipes on her social media and blog.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

Andrea Mokrejšová



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

Passerinvest

Workshop.



How to Be Successful on Social Media



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

Passerinvest

Budova B

Workshop: How to Be Successful on Social Media

When: Thursday 27 February, from 6:00 p.m.

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

Speaker: Diana Zadáková

What separates successful brands on social media from unsuccessful ones? And how do we actually define success? This workshop will show you how to engage the right group of people on social media and develop a communication strategy that works. You'll also learn how to evaluate success and discover new opportunities for communication.

Diana has been enjoying and making a living from social networking for almost 10 years. She has managed the social media department at digital agency eVisions for 5 years, so has ample experience in managing profiles for various large clients with different types of business and goals. She specialises in social media strategy, content marketing and influencer marketing.

Admission: CZK 150 Kč / person

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Alpha Building

Exhibition: **Jan Edlman and Marek Odrobina** **The Weight of Knowledge**

When: 3 – 28 February 2025

Where: Alpha Building, Vyskočilova 1461/2a

Come and check out this exhibition by Jan Edlman and Marek Odrobina in the Alpha Building. The paintings are exhibited in the building lobby, the entrance to which is from Vyskočilova street (straight from the Brumlovka bus stop).

Brumlovka.

Exhibition.



The Weight of Knowledge



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

Passerinvest

KURZ BIBLE PRO ZAČÁTEČNÍKY

SKUPINA I.

VŽDY V ÚTERÝ OD 17:00

vede V. Vondrášek

SKUPINA II.

VŽDY VE STŘEDU OD 17:00

vede L. Svrček



KURZ BIBLE PRO POKROČILÉ

SKUPINA III.

VŽDY VE STŘEDU OD 18:00

vede L. Svrček



MALÁ ŠKOLA MODLITBY

SKUPINA IV.

VŽDY V ÚTERÝ OD 19:00

vede V. Vondrášek

BLIŽŠÍ INFORMACE:

MGR. VÁCLAV VONDRÁŠEK B.TH.

775 080 809, VV@QUICK.CZ

MGR. LUDĚK SVRČEK

777 077 166, LSVRCEK77@GMAIL.COM

Společenské centrum Bethany

The Bethany Community Centre invites you to some interesting events

Bible Courses

Does the Book of Books have something to offer us in the 21st century? We invite you to meet with us over the Bible, whether you're a complete beginner who has never opened this extraordinary book, or whether you've encountered it before and would like to learn more. We offer group meetings where participants have the space to ask their questions and we seek answers to them together. You can also look forward to the possibility of individual talks on topics of interest to you. The opportunity to learn how to live with God, communicate with Him and be inspired by Him in everyday life is offered through the course "Foundations of Christian Spirituality".

Health Club:

We invite you to the next meeting of our Health Club, to be held on **Monday 17 February at 6:00 p.m.** The topic of the talk "Why go vegan?" is ideal for all those interested in a healthy lifestyle, who want to learn more about the benefits of a vegan diet and are looking for practical tips for changing their eating habits. Come get inspired and gain new information to help you on your way to a better and healthier life!

For the exact dates and an overview of all lessons, visit spolecenskécentrum.cz

 Bethany

Filadelfie Building

Blue & Purple

meeting room for up to 20 people at FLEKSI Filadelfie

Looking for a meeting room for a larger number of people in Brumlovka? FLEKSI Filadelfie offers its state-of-the-art Blue & Purple room for up to 20 people in a meeting layout! For more information about FLEKSI's event and meeting spaces in Brumlovka, see www.fleksi.cz

- Room capacity: **up to 20 people**
- Room size: **52 m²**
- Daylight

Equipment:

- AV technology
- Videoconferencing panel
- Water, tea and coffee included
- Refreshments can be provided

Price: **CZK 1 600 Kč/hour**

excluding VAT for FLEKSI members and Brumlovka tenants

FLEKSI





Building B

FLEKSI invites you to a talk about etiquette and a boat cruise

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

[Etiquette course with Etiquette for Every Day](#)

5 February, 5:30-7:30 p.m. – Attend a lecture by Etiquette for Every Day with Libor Neuwirth, where you will learn how to apply etiquette correctly in different situations.

[Travel talk: Cruise with Cruise Club](#)

12 February, 5:30-7:30 p.m. – Wondering what it's like to travel on a cruise ship? How to board, what awaits you on board, or what the cabins look like? Discover why this type of holiday is so popular.

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

FLEKSI

Brumlovka Building

News from the Maranatha Restaurant

The Maranatha vegetarian restaurant has expanded and now sells a complementary range of products popular in the health food trade.

The restaurant is now open from 8.00 a.m. and customers can buy popular stuffed wholemeal doughnuts and rolls, various types of breads and pastries, vegetable spreads, goat's milk products, as well as cereal biscuits and bars. The restaurant will also be gradually adding its own homemade products to its range.

In addition, the restaurant prepares a varied menu of vegetarian and vegan dishes using quality ingredients to cater to anyone wanting a balanced and wholesome diet. They are happy to advise you on food choices and answer any questions you might have about health and healthy living.

The team at the Maranatha Restaurant looks forward to your visit.



TURNOVSKÉ SPECIÁLKY

ZABIJAČKA

28. 1. - 9. 2.



SINGLE PARTY

14. 2.

ŽEBRA 3x JINAK

18. 2. - 2. 3.



POŘÁDNÉ STEAKY

4. 3. - 16. 3.

SMAŽÁKOBRAŇÍ

18. 3. - 30. 3.



Delta Building

Turnovská pivnice invites you to try some “specials”

In addition to its fixed and lunchtime range, the Turnovská pivnice is also preparing some special culinary events. Until Sunday 9 February, you have the chance to taste the specialities served up by the master butchers, from Tuesday 18 February, you can look forward to ribs prepared in three different ways, while March is all about steaks and the popular “fry-up party”.

Beta Building

The DIAN restaurant invites you to enjoy lunch menus and evening tastings

The DIAN restaurant is the brainchild of brothers Khanh and Giang Ta, who are behind the renowned Taro, Gao Den and PHO 100 restaurants. And what does DIAN actually mean? It's the Vietnamese phrase "di an", which can be translated as "to go eat". So go eat... and you can eat especially well here.

Wooden décor, natural materials, more than 150 plants and a large open kitchen make for a lively setting at Dian. The lunch menu offers Vietnamese classics such as Pho bo or Bun bo nam bo complemented by other popular dishes. The evening menu includes more elaborate dishes similar to the fine dining available at the famous Taro. Here, too, the cuisine is based on traditional Vietnamese recipes that Khanh has studied extensively during his travels around the country. During the evening, don't miss the boneless grilled bream or the tasty Bao.

The evening menu can also be sampled throughout the day on Saturday.

 DIAN





Building B

Zrno zrnko presents a new treat – babka

Babka is a traditional braided sweet pastry, which is very popular in Israel, Poland and Ukraine, but these days can be found all over the world. It's most often filled with cinnamon, chocolate or nuts.

The babka from the Zrno Zrnko artisan bakery is made using the leftover dough from the croissants, meaning nothing is wasted. There are two flavours available – irresistible cherry with chocolate and citrus with yuzu.

Filadelfie Building

The Kofyka café invites you along to some themed events

The Kofyka bar team has prepared some new weekly themed events. We start with **“Chocolate Week”** (3–7 February), giving you the chance to taste special types of hot chocolate combined with various ingredients.

This will be followed by a **“Week of Good Sips”** (10–14 February), when Kofyka will be serving up healthy GOODLOK freshes and ginger shots. The third is **“Vegan Week”** (17–21 February), when you’ll find that few things can be more heavenly than vegan pastries. The pastries from Krafin Bakery can do that. You’ll be able to wash down those treats with discounted coffees with alternative milk, and the month of goodies will round off with **“Cascara Week”** (24– 28 February).

Homemade iced and hot drinks made from cascara will keep you warm in body and soul all week long. All supported treats will of course be discounted.

KOFYKA
Espresso Bar





zima
chutná svěže

s harissa chicken bowl
& asian porky bowl



puzzlesalads

Filadelfie Building

PuzzleSalads: Winter tastes fresh

PuzzleSalads invites you to its first seasonal special offer of the new year. What can you look forward to? The winter menu lists both salads as “warm”, suggesting that they contain hot ingredients.

Try the **Harissa chicken bowl**, a sure-fire warm-up with chicken in a spicy sauce accompanied by chickpeas and bulgur tabbouleh. Or how about the hearty **Asian porky bowl**, a balanced combination of flavours consisting of Asian mixed vegetables, pork flank and chilli gherkin.



Filadelfie Building

New at Radka Chvátlová's studio

cosmetics and hair removal with a **10% discount**

We have some great news for you! Radka Chvátlová's renowned studio, known for its top-notch nail care, is expanding its range of services to include professional cosmetics and the gentlest form of sugar paste epilation.

In addition, new clients get an introductory discount of 10% which is valid until the end of March 2025, so you can enjoy being pampered at an even more affordable price. Besides caring for your beauty, the studio also aims to help you recharge your batteries so that you can perform better with greater peace of mind. The staff there will make sure that you enjoy a moment of peace and leave full of energy. Don't hesitate to take advantage of this unique opportunity. Book today and discover the magic of relaxation and care.

- Professional care and an individual approach.
- Relaxation: Recharge your batteries in a pleasant setting.
- 10% introductory discount for new clients.

Bookings: +420 725 703 504, epilacehebka@gmail.com

**Radka
Chvalova**
Beauty
Studio





Building B

What's new at Anthony's?

Anthony's offers plenty of stylish accessories and exclusive new fashion lines to add a touch of glamour to your wardrobe. Whether you're looking for an everyday outfit or something for a special occasion, there's always something to suit you at Anthony's. Come along and get inspired.

Anthony's at Brumlovka is looking forward to seeing you.

ANTHONY'S
/ LONDON

Brumlovka Building

Mandala Montessori is celebrating

Mandala Montessori invites you to come along and celebrate two special days in February - Valentine's Day and International Hippo and Polar Bear Day. In the shop in the Brumlovka arcade, you'll discover the magical world of animals as a joy and inspiration to discover nature.

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

Mon – Tue: 10 a.m. – 4:00 p.m.

Wed – Thur: 10 a.m. – 3:00 p.m.



KRÉMOVÝ PISTÁCIOVÝ CHEESECAKE



COSTA
COFFEE

VSTUPE DO PISTÁCIOVÉHO RÁJE



Pistachiové
caffè Latte

Pistachiové
kávéové frappé

Pistachiové
horúce čokoláda

COSTA
COFFEE

Beta Building

Pistachio Paradise at Costa Coffee

If you're a pistachio fan, you can enjoy it in several specialities - the caffè latte is an unforgettable taste experience, combining freshly ground **Mocha Italia coffee**, whipped milk, added pistachio syrup and white chocolate sauce.

You can also warm up with pistachio hot chocolate for the perfect treat for your taste buds. And if you crave a little icy refreshment on cold winter days, try the **pistachio frappé**. All three are garnished with whipped cream and a sprinkling of chopped pistachio nuts.

The **pistachio cheesecake** is back in all its flavour and glory. It's topped with pistachio crumbs and rose petal slices. The beautiful green of the pistachio makes it unmissable - but you'd better hurry!

ZAMILOVANÉ MENU PRO DVA

Dvě caffè latte velikosti M
a dva pistachiové dorty

259
Kč



Filadelfie Building

We Hate Ironing: Be a hero on Valentine's Day

A washing and ironing gift voucher is an original gift that will save your loved ones a lot of time and trouble. Save someone you love from wasting time on the washing machine or ironing board.

We Hate Ironing means all can spend their time where it really makes a difference. Gift vouchers can also be personalised with a personal dedication. You can buy them online or at any branch of the dry cleaners.

 WE HATE IRONING



Zdravý start roku **2025**



Neuromedic 60 tabletek

Mravení vám nervy?
Výživte nervy při počtích břemní, štípání a trnutí končetin vitamíny B s kyselinou lipovou.

Za **SUPER CENU** také: NOVINKA Neuromedic Regen a další přípravky z řady Neuromedic.



Super
cena
459,-

Drobné stavy
(1 tableta/28,8 Kč)

Při koupi jednoho balení testovacích proužků LUNA 10 ks obdržíte **GLUKOMETR LUNA TRIO***

Testovací proužky WELLION LUNA UA pro použití s přístrojem Wellion LUNA TRIO k měření hladiny kyseliny močové v krvi.

Testovací proužky WELLION LUNA CHOL pro použití s přístrojem Wellion LUNA TRIO k měření hladiny celkového cholesterolu v krvi.



Výrobce jsou diagnostickými zdravotnickými prostředky v ČR. Čísle pečlivě zkontrolujte a použijte pouze se s možnými riziky spojenými s jejich užíváním v souladu s určeným účelem. *za 0,20 Kč

STREPFEN® 24 pastilek

- Úleva od silné bolesti, zánětu a otoku v krku,
- pomáhá při potížích s polykáním,
- dlouhotrvající úleva od bolesti v krku až na 6 hodin, zklidňující efekt po 2 minutách*

Pastilky Strepfen jsou určeny dospělým a dospívajícím starším 12 let. Strepfen Sprej je určen pro dospělé od 18 let.

Za **SUPER CENU** také: STREPFEN® SPREJ za 229 Kč.

*Dary úlevou formou pastilky. Strepfen pastilky. Léky k orálnímu použití. Obsahují Paracetamol. Pečlivě čtěte příbalovou informaci.



Super
cena
229,-

Bactoral 16 tabletek

- Obsahuje Streptococcus salivarius K12, který k nám je strategicky pozice v dutině ústní, nosohltanu a střevě dává a vyvíší nezávadný druh.

Super
cena
459,-



Drobné stavy (1 tableta/28,8 Kč)

STOPKÁSEL® Medical sirup Dr. Weiss 200 + 100 ml NAVIC

- Ulevuje při suchém a vlhkém kašli,
- ulevuje při škrábání v krku,
- zklidňuje podrážděný krk, snižuje bolest v krku.

Za **SUPER CENU** také: StopKašel ANGIN-EX sprej na bolest v krku a další přípravky STOPKÁSEL.

Super
cena
199,-



Zdrojové prostředek.

Brufen® 400 mg 100 potahových tablet

- Brufen 400 mg a sirup tlumí bolest, horečku a projevují zápalu,
- Brufen Combi obsahuje Ibuprofen a paracetamol, jejichž účinek proti bolesti se vzájemně doplňuje.

Za **SUPER CENU** také: Brufen® 400 mg, 30 tablet, Brufen® sirup 100 ml, Brufen® combi 20 ks.

Super
cena
159,-



Čísle pečlivě přiblížteva informaci! Brufen potahované tablety, Brufen sirup, oba s látkou účinnou Ibuprofen a Brufen Combi jsou léčivé přípravky v režimě volného oběhu.

Lékárenská síť Lemon se spojuje s Chytrou lékárnou. Najdete nás ještě blíž a společně Vám přinášíme lepší péči o zdraví. **Nově již v 70 lékárnách po celé ČR.**

Chytrá lékárná
Lemon LÉKÁRNA

Residence Villas

Lemon Pharmacy - professional care for your health

Choose online from a wide range of Lemon Pharmacy products to keep your whole family healthy. The Lemon Pharmacy offers great prices, gifts and rewards. For a healthy start to the New Year, stop by in person, or choose something from the Lemon e-shop.



Profesionální péče o Vaše zdraví a krásu také na e-shopu www.lekarnalemon.cz

Nabídka platí od 1. 1. do 28. 2. 2025 nebo do vyproštění zásob. Prostudujte pečlivě příbalový létek. Účinky a způsob použití konzultujte s lékárníkem nebo lékařem. Cílem této nabídky není podpora zvýšeného užívání léků. Změna vyhrazena, za tiskové chyby neručíme. Platí pro všechny produkty uvedené v letáku.

Filadelfie Building

Valentine's Day at dm

The upcoming Valentine's Day is a great opportunity to get a gift for someone you love, even yourself. For lovers of skin and body care, dm offers luxurious creams and body lotions, as well as viral products and Korean cosmetics that turn your daily routine into a relaxing ritual.

For those who want to indulge in some home wellness, dm offers everything you need to help create a warm and cosy atmosphere.

