



Brumlovka

Informations about traffic restrictions

around the intersection of Vyskočilova and Michelská streets

We'd like to inform you that due to the upcoming construction work on the corner of Vyskočilova and Michelská, there will be traffic restrictions in place around the intersection of these two streets **from 17 February to 30 September 2025** to enable the planned relocation of utility networks, primarily Pražská teplárenská (hot water pipeline) and Pražská plynárenská (gas pipeline).

The work will be phased to minimise inconvenience and to ensure that the restrictions are lifted as soon as possible. Nevertheless, please expect ongoing partial traffic restrictions in the area.

Scope and direction of restrictions:

- in Vyskočilova ulice from the former tennis courts towards the intersection with Michelská ulice
- in Michelská ulice in the direction of Kačerov

Please take extra care and follow the road signs.

Thank you for your understanding.

Building B

SAVE THE DATE: Jumble sale in Brumlovka

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

When: Thursday, 24 April 2025, from 8:30 a.m. to 7:00 p.m.

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

If you're interested in participating as a vendor, please let us know by 14 April
by emailing: marika.duchonova@passerinvest.cz

The point of sale is free of charge. For a fee, we can provide clothing racks and
table covers. **Fitting booths with mirrors will be provided.**

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

Brumlovka.

Jumble sale.



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



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poster in other suitable language. English version of all Brumlovka activities are
to be found also at brumlovka.cz

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Tournament.



Brumlovka Football Cup 2025



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Brumlovka

Save the Date: Brumlovka Football Cup 2025

It's high time to start training.

When: Friday, 6 June 2025, from 8:00 a.m.

Where: FK Slavoj Vyšehrad, Mikuláše z Husi 1, Prague 4

This year's traditional football tournament for companies based in Brumlovka will take place on **Friday 6 June** on the FK Slavoj Vyšehrad football pitch. The tournament is intended for all our tenants who are sports enthusiasts (men and women). The matches are divided into two seven-minute halves and are played according to indoor football rules (Hanspaul League), i.e. with five players and a goalkeeper and four substitutes.

The full tournament rules can be [downloaded HERE](#).

Brumlovka.

Building B

Dot Painting Mandalas course

When: Tuesday, 4 March, 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, enriching 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. Lasts for approx. 3 hours.

Workshop price: **CZK 650 / person**

Payment for the workshop on the spot in cash.

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Workshop.



Dot Painting Mandalas course



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Dating.



Dating for sports lovers



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Brumlovka Building

Dating for sports lovers

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

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

Looking for a partner to share your healthy active lifestyle with? We're holding a social dating evening where you'll have the opportunity to meet people who are currently single. Our „Sporty Dating“ evening is definitely not just for professional sportspeople, and is open to anyone who enjoys an active lifestyle and exercise. During the course of one evening, you'll get to meet 8-10 partners, and if someone takes your fancy, we will be happy to arrange for you to exchange contact details.

Try your luck and sign up!

from 6:00 p.m.	women aged 37-49 men aged 45-54 – CZ
from 8:00 p.m.	women and men under 35 – CZ

If this month's theme doesn't fit what you like, your preferences or age, check out the organising agency's page at www.seznamovacevecer.cz, where you'll find a wide range of dating nights.

Brumlovka.

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday, 12 March, 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.

In March we'll be holding another dance lesson at Brumlovka. This time we'll be heading to the island of Cuba, home of the cha-cha-cha, which we'll be dancing together. We'll learn the basic steps and add other attractive variations and moves. 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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Passerinvest

Workshop.



Spring Flower Arranging



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Filadelfie Building

Workshop: Spring Flower Arranging

When: Tuesday, 18 March, from 5:30 to 8:00 p.m.

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

Come and make a jolly plant pot for your spring flowers and decorate it with some of the beauties of nature. The price of the workshop includes a welcome drink, natural products, spring flowers (bulbs, primroses), floristry materials and the hire of the necessary tools. The course is also suitable for beginners.

On the day of the workshop, participants can claim a **10% discount** on all products at our Květiny Romantika shop.

Price: CZK 650 / person

Payment for the workshop on the spot in cash.

Capacity: 8-15 people

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Filadelfie Building

A Caribbean Paradise or Harsh Reality?

When: Wednesday, 19 March, from 5:30 p.m.

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Kateřina Honsová

Have you ever dreamed of going to Cuba? Tempted by the idea of Cuban rum and cigars, the rhythms of salsa and sunbathing on the beach at Varadero? But what if the reality of this Caribbean island is actually very different?

“Hispánka na cestách” went to the Caribbean’s most famous island to experience the real face of Cuba first-hand. She was inspired by the song Patria y Vida, which in 2021 sparked a wave of protests against the local regime, something that not many people know about. Demonstrations that changed Cuban life forever.

She experienced a Cuba that, after two Castro regimes, is now facing the dangerous rule of Miguel Díaz-Canel and many other problems. She recorded everything in interviews with local residents. She tried living like them. She faced hunger, thirst, heat and sickness, yet still slowly fell in love with this island.

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Travel Evening.



A Caribbean Paradise or Harsh Reality?



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Workshop.



The biggest skin care and make-up mistakes



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Building B

Beauty Workshop

The biggest skin care and make-up mistakes. Do you make them too?

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

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

Lecturer: Soňa Hrabec Kotulková

No one is born a master and we all make mistakes. But in a beauty routine, these little „slip-ups“ can mean big problems for your skin or allergies. Want to have beautiful, radiant skin and always look fresh and perfect?

Cosmetics editor and beauty expert Soňa Hrabec Kotulková tells you what to avoid in your care and make-up routine and how to go the right way about it.

Admission: CZK 150 / person

Payment for the workshop on the spot in cash.

Register by emailing: marika.duchonova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday, 26 March, 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: Daniel Digoň

Daniel Digoň is the CEO of ATALIAN CZ, a leader in facility management. Prior to taking up this role, he worked as CFO, a position that gave him valuable experience in financial management and process optimization. Under his leadership, business results and employee satisfaction have improved, not only as far as figures go, but also in terms of the corporate culture, where he places great emphasis on values and team spirit.

He is guided by four pillars: consistency, discipline, authenticity and courage. He believes that people are the foundation of the company and is guided by the principles of personal growth and responsibility. In his free time he enjoys water sports such as diving, windsurfing, kiteboarding and fishing.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

Daniel Digoň



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Workshop.



Sun Salutation Workshop



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Building B

Sun Salutation Workshop

When: Monday, 31 March, from 6:00 p.m.

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

Lecturer: **Andrea Mokrejšová**

Want to delve deeper into the „sun salutation“ technique - a basic yoga routine that combines breath and movement? It doesn't matter whether you are a beginner or a regular practitioner. We'll start by focusing on the breath to tune into our body, and then will then take it step by step to learn how to correctly do each pose and how to connect them.

Discover how sun salutations can improve flexibility, strength and inner peace.

Admission: CZK 150 / person

Payment for the workshop on the spot in cash.

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

Reservations by email: marika.duchonova@passerinvest.cz

Brumlovka.

Alpha Building

Exhibition: A Beautiful Future

Mgr. Irena Kovářová, Tvoříme srdcem cooperative

When: 2 - 30 March 2025

Where: Alpha Building, Vyskočilova 1461/2a

And after the night comes the morning. Every night comes to an end. The darkness recedes and the light pours out. Everyone has experienced this many times in their lives. And although we've all been there, we shouldn't remember the darkness, but think always and only of the light. Because if we turn our backs on the darkness, it will simply disappear and we will see just the light. Surround yourself with light and joy at every turn, in every moment of your life, and the beautiful future will become a beautiful present.

Here it is! And there's no stopping it!

Brumlovka.

Exhibition.



A Beautiful Future



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Sport.



Regular running sessions



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Brumlovka

Regular running sessions

When: every Tuesday, from 5:30 to 6:30 p.m.

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

Want to start running but don't know how to go about it, or perhaps you keep going back to it and never keep it up for long? Join us for a free running training session led by experienced running enthusiasts and bloggers from Running2, Soňa Hrabec Kotulková and Michal Hrabec.

They'll show that running is a great sport for everyone, and give you tips on how to enjoy it to the fullest. The group is divided by pace into slower and faster runners, so there's a place for everyone. Come for a run, meet some new people and discover the joy of running!

The sessions are free of charge.

Brumlovka.

Delta Building

Regular yoga lessons

When: every Thursday, 7:00 - 8:00 a.m.

Where: Delta I. building, Za Brumlovkou 1559/5, Prague 4
(meet up at 6:50 p.m. at the Delta I. building reception)

Come and join us for a free yoga session under the guidance of enthusiastic yoga instructor Natálie Löwová.

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

Yoga session people, please keep an eye on the Brumlovka website for any cancellations.

Brumlovka.

Sport.



Regular yoga lessons



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Building B

FLEKSI invites you to a lecture on disinformation in the AI era

When: Wednesday, 5 March, 5:30 - 7:00 p.m.

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

Disinformation in the era of artificial intelligence: How to tell truth from fiction? Disinformation is flooding the internet and AI is making it increasingly sophisticated. How to recognise and fact-check information like this?

Our talk by Zdeněk Valut (CEO of Elevaty.ai) presents manipulation techniques, fact-checking methods and reliable sources. Come and learn how to effectively resist information manipulation. **Free admission.**

Places are limited - please register using the [form here](#)

FLEKSI

Brumlovka

Balance Club Brumlovka invites you to a day camp

Balance Club Brumlovka cordially invites your children to a day camp, to run **from 7 to 11 July 2025**. They can look forward to a week packed with fun, exercise and adventure, in the care of experienced teachers from the Elijáš Kindergarten and popular personal trainers Linda Haisová and Nikola Miřátská.

The camp will feature a varied programme for your children, including sports and outdoor games, fun exercises, creative workshops and lots of other fun.

- Dates: **from 7 to 11 July 2025**
- Location: Balance Club Brumlovka and Elijáš Kindergarten
- Price: **CZK 6 600** (25% discount for children of Members of and pupils of Elijáš Kindergarten/Primary School)

For registration forms and further information, email rezervace@balanceclub.cz. Camp capacity is limited, so don't hesitate and register your children as soon as possible! We look forward to seeing your children and enjoying a holiday adventure together!

balance
club
BRUMLOVKA





Filadelfie Building

Care for gentlemen

More barbers, more appointments at Better Barber!

Where can gentlemen be pampered and enjoy some time to themselves? At Better Barber on the ground floor of the Filadelfie building. With the beginning of the new year, the team has been joined by another two barbers. This gives you even more time slots to choose from, at the weekend as well as on weekdays.

We still recommend booking your appointment as soon as possible, either online or by phone. And don't forget to take advantage of their special loyalty programme, and **get every 10th visit free**.

Appointments by phone.: 725 726 832 or on our website.



Filadelfie Building

Meera Design Fashion Show

Meera Design cordially invites you to an exclusive fashion show, to be held on Thursday, March 20 2025, at the boutique in the Filadelfie shopping arcade.

The show will present the new spring collection, which is all about freshness, elegance and timeless femininity. At the same time, guests can enjoy a peek into the world of Italian fashion, renowned for its masterful tailoring and attention to detail. Meera Design has exclusively selected some original Italian-made models that epitomise sophistication and timeless style. Each has been carefully selected to emphasize the wearer's own unique and personal style.

Evening programme:

- 5:00 p.m. – Welcome and refreshments
- 5:30 p.m. – Start of the fashion show
- 7:30 p.m. – Expected end of the event

Admission: CZK 350

(the amount can be deducted from a purchase until Friday 28 March 2025)

Reservation: confirm your participation in advance by calling: +420 776 823 601





Alpha Building and Filadelfie

Loyalty pays: Collect stamps at PuzzleSalads!

Now you can enjoy your favourite salads, bowls and other main dishes at an even better price! PuzzleSalads is introducing loyalty cards, giving you a discount on **every fifth** (30%) **and tenth** (50%) meal.

The special offer runs until April 30 2025 at all branches, so don't hesitate to collect stamps every time you visit!

Brumlovka Building

Maranatha: Inspiring vegetarian cuisine

Want to enjoy a healthy yet tasty meal? To help you choose, Maranatha has introduced a „Traffic Lights“ system - with dishes colour-coded to show their health benefits. There's a wide range of hot and cold buffets to choose from, and if you fancy something quick, try the „quick meals“ - freshly prepared veggie burgers, hot dogs, pasta, salads or Asian specialities.

And if you're still feeling peckish after lunch, opt for a healthy alternative. Fruit and nut bars, dried fruit or nuts provide the body with vitamins and minerals. Nuts are rich in protein, vitamin E, magnesium, potassium and folic acid - and their benefits have been confirmed by extensive research conducted by the Adventist Health Study. We therefore recommend eating them unroasted and unsalted as part of your daily diet.

In addition to great food, they also hold some inspiring talks on healthy lifestyle topics - such as the NEWSTART programme, the BLUE ZONES longevity concept, and discussions on the benefits and possible risks of a plant-based diet.

