



Brumlovka

## Shuttle service

service interruption on the Fridays following  
the public holidays

We would like to inform you about adjustment of the shuttle service in connection with the extended weekends, which many of you use to relax. The shuttle will not run on Friday, May 2nd, and will not run on Friday, May 9th.

Thank you for understanding and we wish you beautiful spring days full of well-being.



**Brumlovka.**

Filadelfie Building

# Travel Evening: Madagascar

**When:** Wednesday, 7 May, from 5:30 p.m.

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

**Speaker:** Saša Ryvolová

We'll embark on an adventurous journey to the fourth largest island in the world, sometimes referred to as the "eighth continent", with its utterly fascinating, unique fauna and diverse nature. We'll sail on a pirogue down the Tsiribihina River, weave through the rainforests of the national parks, camp amidst the captivating rock formations of Isalo National Park, visit the sapphire mines in Ilakaka and marvel at the unique sharp spires of the Tsingy de Bemaraha karst towers.

We'll listen to the amazing songs of the endemic Indri lemur, experience encounters with the rare and curious Aye-Aye and the entertaining Kata lemurs, and observe beautifully coloured chameleons and other rare animals. We will admire the picturesque baobab trees and lounge on the white sand beaches by the crystal clear sea.

**Brumlovka.**

Travel Evening.



# Madagascar



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Passerinvest

Workshop.



# Healthy breathing



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Passerinvest

Building B

## Workshop: Healthy breathing

The path to physical and mental well-being

**When:** Tuesday, 13 May, from 6 p.m.

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

**Lecturer:** Helena McAlorum

We invite you to a unique healthy breathing workshop that will help you discover new ways to improve your quality of life through proper breathing technique.

### What's in store for you?

- understanding the importance and principles of the correct way of breathing
- understanding the importance of nose breathing for healthy regeneration
- practical breathing exercises and relaxation techniques

Let's work together on functional breathing to avoid our body limiting us. Come and relax, learn something new and discover the magic of healthy breathing.

Did you know that we take up to 22,000 breaths during the course of a day?

**So breathe in and breathe out... looking forward to seeing you!**

Admission: **CZK 290 / person** (payment at the venue in cash)

Book your place in advance by emailing: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

**Brumlovka.**

Náměstí Brumlovka

# World Hypertension Day at Brumlovka

**When:** Wednesday, 14 May from 9:30 a.m. to 2:30 p.m.

**Where:** Náměstí Brumlovka, Vyskočilova 1100/2, 140 00 Prague 4

PRO.MED.CS Praha a. s. & the Centre for Diagnosis and Treatment of Hypertension of the 3rd Department of Internal Medicine, 1st Faculty of Medicine, Charles University and Vinohrady Teaching Hospital in Prague cordially invite you to World Hypertension Day at Brumlovka, an event emphasising the importance of keeping blood pressure within optimal limits.

Have your exact blood pressure measured, check it regularly and live longer.

We look forward to seeing you.

**Brumlovka.**



2023 WORLD  
HYPERTENSION  
DAY



PRO.MED.CS  
Praha a.s.



## World Hypertension Day at Brumlovka



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Passerinvest

Talk.

Health+



# Longevity - new technologies



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Passerinvest

Beta Building

## Talk: Longevity

New technologies, and also emphasis on a healthy lifestyle.

**When:** Wednesday, 14 May, from 6 p.m.

**Where:** FLEKSI, Beta Building, Vyskočilova 1481/ 4

**Speaker:** MUDr. Pavel Šnajdr, Ph.D.

Longevity medicine is a revolutionary multidisciplinary field that explores the mechanisms of ageing and how to slow the process down. Scientific research and biotechnology have made tremendous progress in recent years, helping us to extend not only the length, but also the quality of our lives.

**So how to make our healthy and good-quality life longer?**

- Regular movement
- Sufficient sleep
- A healthy diet and balanced energy intake
- Mental well-being and strong social ties

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

Brumlovka.

Brumlovka Building

# Dating for university graduates

**When:** Wednesday, May 14 from 6 to 8 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 university students and graduates.



6:00–8:00 p.m.  
Wednesday, 14 May  
CZ



8:00–10:00 p.m.  
Wednesday, 14 May  
CZ

If this month's theme doesn't fit what you like, your preferences or age, check out the organising agency's website at [www.seznamovacipecer.cz](http://www.seznamovacipecer.cz), where you'll find a wide range of dating nights.

**Brumlovka.**

Dating.

SEZNAMKA  
ŽWAKOVI



# Dating for university graduates



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Passerinvest



Festival.



# Open House



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Brumlovka, Roztyly Plaza

## Open House

**When:** Saturday, 17 May and Sunday, 18 May, from 10 a.m. to 6 p.m.

**Where:** **Filadelfie**, Želetavská 1525/1, **Delta**, Za Brumlovkou 1559/5,  
**Building B**, Vyskočilova 1422/1a, **Roztyly Plaza**, Tomíčková 2427/2

Architecture is part of our everyday life and Open House Prague invites you to take part in its unconventional discovery!

Brumlovka will be taking part in the architecture festival again this year; its aim is to encourage the public's interest in this field. By offering tours of buildings and spaces that are not normally open to the public, Open House Prague will offer a first-hand experience of architecture and enable its comparison in various contexts.

The festival invites everyone who is interested in beautiful views from the highest floors of selected buildings or in roof gardens that have won awards in prestigious competitions, to Brumlovka.

You can find the programme for the Open House Prague festival [HERE](#).

Brumlovka.

Filadelfie Building

# Dance Lessons at Brumlovka

**When:** Wednesday, 21 May 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.

The slowest of Latin American dances, the Cuban rumba, awaits us at Brumlovka in May. We will learn the basic step and other variations, which we will combine into a short choreography. We will dance solo and in pairs to slow lyrical music.

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.



# Running motivation



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Building B

## Workshop: Running motivation

How to progress in running.

**When:** Thursday, 22 May, from 5:30 p.m.

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

Do you feel like you're stuck in a running rut and don't know what to do to keep enjoying it and improving at the same time? This is exactly what running motivators and bloggers from Running2.cz - Michal and Soňa Hrabec, who have been leading joint runs in Brumlovka for several years, will talk about.

The right gear can really boost your motivation to run - so after the lecture, we'll go for a run together and you'll get to try out the latest Puma ForeverRun2 running shoes.

The event is intended for beginners and experienced runners, as well as those who want to try running.

Register by emailing: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

Brumlovka.

Beta Building

# Talk: Women's health in the spotlight

or the impact of prolonged sitting on women's health

**When:** Wednesday, 28 May, from 6 p.m.

**Where:** FLEKSI, Beta Building, Vyskočilova 1481/ 44

**Speaker:** Bc. Martina Vocílková

We will look at how prolonged sitting affects posture, breathing and pelvic floor function. We will teach you how to recognise the incorrect way of sitting and show you how to improve movement habits, increase energy efficiency and promote not only physical, but also mental health by adjusting your breathing pattern.

## Lecture topics:

- Consequences of sedentary work and their relationship to health issues
- Holistic physiotherapy and interconnecting the body with the internal organs
- The importance of bone and ligament balance in women's health
- and many more

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

**Brumlovka.**

Talk.



# Women's health in the spotlight



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**Passerinvest**

Talkshow.

## Jitka Chocholová



Brumlovka

## Talks from Brumlovka

**When:** Wednesday, 28 May, 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, but always at Brumlovka.**

**This month:** **Jitka Chocholová**

Jitka is a representative of the Cruise Club, which is a travel agency and a community of people who love cruise ships. Cruise Club focuses on cruises all over the world, not only on the seas, but also on rivers. Cruises are about exploring new destinations every day, there's no need to worry about the actual journey, you only unpack once and enjoy great food, drinks, fun, relaxation and lots of adventures instead.

Jitka has been a member of the Cruise Club since 2018, when she took her first cruise. She is a consultant at the Cruise Club, communicating with clients every day and passing on her experience. She is a Cruise Club representative on group cruises, has now gone on over thirty and is looking forward to more.



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**Brumlovka.**

Náměstí Brumlovka

# Street food festival

**When:** Thursday, May 15 and Thursday, May 29 from 11 a.m. to 2 p.m.

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

Come and taste street food from around the world, from juicy burgers and Mexican tacos, to shredded meat or vegetarian burrito bowls. There will also be dried worms, and visitors with a sweet tooth will also be in for a treat.

A music programme will be prepared for you during lunch.

Come and enjoy a nice spring day, we look forward to seeing you.

**Brumlovka.**

**Food Festival.**



## Street food festival at Brumlovka



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Event for children



## Children's Day at Brumlovka



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Brumlovka

## Children's Day at Brumlovka

**When:** Wednesday, 29 May from 1 to 7 p.m.

**Where:** Baarův Park (between Želetavská and Baarova St.)  
Brumlovka Park (Za Brumlovkou St.)

We've prepared an afternoon packed with entertaining attractions and competitions for prizes for your little ones on the last Thursday in May! There'll be a bouncy castle, face painting, making balloon animals, and of course the ever-popular fluffy candy floss. You can also enjoy sweet refreshments like those your granny makes from Letokruh.

The event will be held in both parks, where the children can choose a reward for all the tasks they've completed.

### Supplementary programme:

- **3 p.m. – 4 p.m.** Clown performance (Brumlovka Park)
- **5 p.m. – 6 p.m.** Clown performance (Baarův Park)

**Brumlovka.**

Alpha Building

# Exhibition: Vojtěch Čapek - Beyond the Horizon

**When:** 1 – 31 May

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

The “Beyond the Horizon” exhibition will present a series of recent works by Vojtěch Čapek. In this exhibition, the artist concentrates on working with colour gradients, lines and compositions of blocks of colour. His work stems from a fascination with dynamic colour gradients and explores deep emotional layers. The artist’s paintings focus on the motifs of the sky and the horizon, creating space for personal interpretation and connection with the viewer.

This exhibition is a continuation of his journey from street art to abstraction. Beyond the Horizon therefore reflects the artist’s constant evolution and his search for new ways to express strong emotions through colour and composition.

Come and be inspired and enjoy an exceptional art experience.

**Brumlovka.**

Exhibition.



## Vojtěch Čapek - Beyond the Horizon



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Sport.



## Regular sports lessons at Brumlovka



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Brumlovka

## Regular sports lessons at Brumlovka

### Running lessons

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

**Where:** meet up at 5:20 p.m. at Beta Building reception Vyskočilova 1481/4

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 you 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.

### Yoga for everyone

**When:** every Thursday, from 7 to 8 p.m.

**Where:** Delta I. building, Za Brumlovkou 1559/4

Come and join us for a free yoga session under the guidance of enthusiastic yoga instructor Natálie Lówová. The sessions are suitable for both beginners and advanced practitioners of all ages. What do I need to bring along? Your own mat, water and a good mood.

**Participation in the classes is free and no reservations are necessary.** Yoga session people, please keep an eye on the Brumlovka FB page for any cancellations.

**Brumlovka.**

# Regular sports lessons in Nové Roztyly

## Public workout lessons

**When:** every Monday from 5 May, from 6:30 to 7:30 p.m.

**Where:** workout playground, Nové Roztyly Park

The Wednesday workout with Eva Neméthová focuses on building physical fitness and engaging the whole body.

## Outdoor yoga for the public

**When:** every Tuesday from 6 May, from 6 to 7 p.m.

**Where:** Nové Roztyly Park, meet in the park next to the Nosál Hotel  
(U Michelského lesa 1158, Prague 11)

Yoga for beginners and advanced students of all ages under the guidance of instructor Natalia Löwová. All you need is your own mat, water and a good mood.

## Running lessons

**When:** every Wednesday from 7 May, from 6:30 to 7:30 p.m.

**Where:** meet up at 6:20 p.m. at Roztyly metro station

Lessons for beginners and experienced runners are led alternately by Soňa Hrabec Kotulová and Michal Hrabec, instructors and bloggers from [running2.cz](https://running2.cz).

Lessons are not held during bad weather. Please follow the [Krčák žije FB page](#) for any info on lesson cancellations. Participation in the classes is free and no reservations are needed.



## Sport.



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Passerinvest

Exhibition.



# Adam Jilek – Together



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Passerinvest

Roztyly Plaza

## Exhibition: Adam Jilek – Together

**When:** 1 – 31 May

**Where:** Roztyly Plaza, Tomíčkova 2427/2

Reality sometimes gets turned upside down. And a world where a gorilla drinks champagne and a lion looks through eyes full of human emotion appears instead.

There are times when we laugh - and question at the same time. When the lion's expression is not just paint, but also tells a story. Adam Jilek's paintings open the door to a world where animals speak the language of exaggeration, tenderness and irony. Playful, but also with more serious meanings. Eloquently, but without words.

They reveal a different story to everyone. Maybe they'll put a smile on your face. Maybe they'll let the silence die down...

**Brumlovka.**

Building B

# New LADA conference room in FLEKSI

Based on growing demand for larger meeting rooms, FLEKSI has expanded its offer to include the brand new LADA room. This light, spacious and modernly equipped meeting room on the ground floor of Building B offers ideal facilities for larger meetings, training sessions and presentations.

## Basic information

- Location: FLEKSI Building B, ground floor
- Capacity: up to 24 people
- Size: 60 m<sup>2</sup>
- Daylight

## Equipment

- AV technology
- Whiteboard
- Water, tea and coffee included

Rental price: **CZK 2,000 /hour** excluding VAT

(CZK 1,600/hour excluding VAT for FLEKSI members and Brumlovka tenants)



# New LADA conference room in FLEKSI



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Eliáš Christian Kindergarten

# Enrolment in Eliáš Kindergarten

where it makes sense with the heart and head

At Eliáš Christian Kindergarten, children discover the world with joy, curiosity and a sense of security. Each day is filled with creativity, singing, playing and exploring in a stimulating and peaceful environment. Teachers guide the children with love and respect, encourage their natural development and engage them in meaningful activities.

Furthermore, parents appreciate the open communication, family atmosphere and values on which the school is built.

**Enrolment in Eliáš Kindergarten will take place on Wednesday 7 May 2025.**

More information can be found at [www.elijas.cz](http://www.elijas.cz)





Bethany Community Centre

## An evening of sharing – personal stories of faith and hope

**When:** Wednesday, 31 May, from 6:30 p.m.

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

We invite you to another inspiring meeting from the Evening of Sharing series, which will take place at the Bethany Community Centre. This time, we will be joined by Renata Balcarová and Petr Mirvald, who will share a powerful testimony of hope, forgiveness and service to others - from both sides of the prison bars.

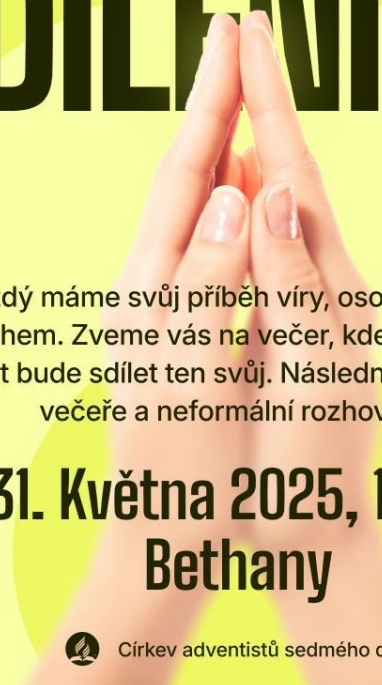
After they share their experience, we will have dinner together and there will be opportunity for informal conversations.

Come and listen, ask questions and share.

More information: [vecersdileni.cz](https://vecersdileni.cz) + Bethany website



# VEČER SDÍLENÍ.CZ



Každý máme svůj příběh víry, osobní setkání s Bohem. Zveme vás na večer, kde s vámi náš host bude sdílet ten svůj. Následně nás čeká večere a neformální rozhovory.

**31. Května 2025, 18:30**  
**Bethany**



Církev adventistů sedmého dne





Ypsilon Golf Liberec

# Balance Club Brumlovka Golf Cup 2025

**When:** Thursday, 5 June, from 8 a.m.

**Where:** Ypsilon Golf Liberec

Balance Club Brumlovka is organising the traditional golf tournament for its members, which will take place on Thursday, 5 June, this time in the beautiful location of the Ypsilon Golf Liberec golf resort.

**Registration and breakfast on site is from 8 a.m. and the shotgun start is at 10 a.m.**

Refreshments are provided throughout the tournament in the form of breakfast, snacks during the game and lunch. Members of Balance Club Brumlovka can register for the tournament by emailing: [rezervace@balanceclub.cz](mailto:rezervace@balanceclub.cz)

Please include your registration number and HCP when you register.

Brumlovka Building

# Stop by for refreshments at the Maranatha Restaurant

The vegetarian Maranatha Restaurant invites all those with a sweet tooth to come and taste **our home-made ice cream!** You'll find it in the freezer right in front of the till, ready to take with you.

Flavours will be rotated according to the daily menu - just take your pick. Your 100 g portion comes in an eco-friendly paper bowl. Come and taste what flavour they've made for you today...





Beta Building

# Evening Dian will enchant you

Are you used to visiting the Dian Restaurant just for lunch? Come in the evening and discover it in a completely different light. The evening atmosphere at Dian combines stylish surroundings, refined Asian flavours and great service. The shared dining typical of Vietnam encourages a communal dining experience - perfect for romantic dinners and friendly gatherings.

The menu naturally also includes a sophisticated wine list and a range of modern cocktails. Staff will also be happy to prepare a private or corporate event for you that your guests will not forget.





Brumlovka Building

# Fantasy Nails is extending its “15%”

opening special offer until the end of June

Looking for the perfect care for your nails? A new Fantasy Nails salon has opened in the Brumlovka shopping arcade opposite the Grosseto Restaurant. It offers a wide range of services, from manicures and pedicures, to gel nails and shellac, always with an emphasis on quality and precision.

Opening special offer: Customers get a 15% discount on all services for the whole of April. Gift vouchers are also available for purchase.

Make an appointment by calling 775 838 155, take a moment for yourself and let your hands and feet shine. Fantasy Nails looks forward to your visit.

Mon-Fri 9 a.m.– 8 p.m.

Sat-Sun 10 a.m.– 7 p.m.





Building B

## Summer drinks “TO GO” at Zrno zrnko

As spring arrives, the popular bakery's range has grown to include not only all types of iced coffees, but also bottles of beverages made at Zrno:

Pomefresh or freshly squeezed orange juice, Ais-tea or Ice-tea, black and refreshing Cold brew and, last but not least, milk coffee in the Vietnamese Caphe fin style, with milk and sweetened with a bit of salko (condensed milk).

All are worth trying!

**ZRNO ZRNKO**  
BAKERY & CAFE

Delta Building

# Turnovská pivnice invites you to try the summer special

Visit the Turnovská pivnice to taste a unique and limited beer special produced for you by the head brewer at the Turnov Brewery. Taste the “12<sup>9</sup> Turnovská Session IPA” and savour the pleasant citrus aroma with a hint of tropical fruit.

The Session IPA style is a lighter and more drinkable, top-fermented beer made from Citar (USA), Cascade (USA) and Premiant (CZ) hop varieties.

Like other beers from the Turnov Brewery, the IPA is unfiltered and unpasteurised.

 **TUROVSKÁ**  
PIVNICE

