



The power of teams across generations



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Passerinvest

Beta Building

The power of teams across generations

Age management and support for carers

When: Thursday 2 October, from 5:30 p.m.

Where: FLEKSI, Beta Building, Vyskočilova 1481/ 4
entrance directly from Za Brumlovkou street, where there is a public parking lot

Satisfied employees of all generations are the best asset of any company. Come and find out why it's worthwhile addressing age management now and why it's important to support your employees even when they are caring for their loved ones. We invite you to an inspiring evening dedicated to the topic of age management and care in the working environment. You can look forward to two engaging presentations and an open discussion with experts, who'll be sharing specific tips on how to foster an environment where people can develop their full professional potential while managing a caring role in their personal lives.

The program will also include a conversation with award-winning coach and sparring-partner to leaders, Katarína Emma Schapiro, who will offer her own personal perspective on caring, the value of work and intergenerational understanding.

Register for the talk by emailing: marika.simunkova@passerinvest.cz

Brumlovka.

Brumlovka Building

VIP dating

When: Tuesday 7 October, from 6 and 8 p.m.

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

Do you have higher expectations of yourself and your potential partner? Don't want to spend time searching online dating sites? Come along to a conversational VIP evening and meet a range of people who share similar values and lifestyles.

When you meet face to face, you're always one step closer to a new relationship. An experienced moderator will guide you through the evening, so there will be no room for nervousness, anxiety or awkward silence. Over a period of ninety minutes you will get to know all the participants and, at the end of this period, you will discreetly indicate with whom you would like to.

So try your luck and sign up!



6:00–8:00 p.m.
Tuesday 7 October
CZ



8:00–10:00 p.m.
Tuesday 7 October
CZ

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

Brumlovka.

Dating.

SEZNAMKA
ŽWAKOVI



VIP dating



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Náměstí Brumlovka

Invitation to MG Day

Presentation of MG cars at Brumlovka Square

When: Tuesday, October 7, from 9:00 a.m. to 5:00 p.m.

Where: Náměstí brumlovka, Vyskočilova 1100/2

Take advantage of this unique opportunity to test drive MG vehicles. You can look forward to models MG ZS (petrol, hybrid+), MG HS hybrid+, MG3 hybrid+, MG4 Electric, and also discover the brand's new sporty highlight – the MG Cyberster. Test drives will be available for an extended time, with a professional team on site ready to answer all your questions.

Plus, you'll have the chance to win a weekend with an MG car, including a full tank of fuel.

Book your test drive [HERE](#).



Filadelfie Building

Travel Evening: Sri Lanka

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

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Jiří Kafka

Do you know Ceylon? The island near India that's been called Sri Lanka for several decades. Breathtaking scenery, endless tea plantations, iconic train rides through mountain scenery, colourful retro buses, encounters with elephants and monkeys, delicious local culinary specialities, exploring historical buildings, visiting Buddhist temples and sacred mountains, but most importantly, the realisation that we only have one life - and it's so beautiful!

Brumlovka.

Travel Evening.



Sri Lanka



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Passerinvest

Workshop.



How to eat and run properly



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Passerinvest

Beta Building

Workshop: How to eat and run properly

When: Monday 13 October, from 5:30 p.m.

Where: FLEKSI, Beta Building, Vyskočilova 1481/ 4
entrance directly from Za Brumlovkou street, where there is a public parking lot

Instructor: Andrea Mokrejšová

The first part of the workshop will focus on optimal nutrition before, during and after your run - whether you're running for pleasure, to improve performance or lose weight. We'll show you some typical mistakes and explain how to prepare your body properly so that running gives you more than it takes away.

Motivating oneself to go running also includes training and the right equipment, so after the first part of the workshop we'll take a run together along a 6-8 km long route. But don't worry, we'll set a relaxed pace and won't leave anyone behind. Plus, you'll have the chance to try out the latest Puma Velocity 4 running shoes.

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

Please register by sending an email to: marika.simunkova@passerinvest.cz

Brumlovka.

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday 15 October, from 7:00 p.m

Where: shopping arcade in the Filadelfie Building, 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 October dance class will be all about a cheerful and energetic Latin American dance from Cuba. We'll be dancing solo and in pairs and there's certainly nothing to be afraid of, as we'll mostly be dancing basic variations.

Come along and get dancing at Brumlovka!

Brumlovka®

Dance Lessons.



Since October in the
shopping arcade of the
Filadelfie Building

Dance Lessons at Brumlovka



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Passerinvest

Event.



Grape Harvest at Brumlovka



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Náměstí Brumlovka

Grape Harvest at Brumlovka

When: Thursday, 16 October, from 11 a.m. to 7 p.m.

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Come and taste wines from smaller family wineries in Moravia, accompanied by ones from abroad – such as Italian or Spanish varieties, as well as prosecco and various types of the popular burčák. In addition, there'll be street food specialties on offer such as stuffed dumplings and meat-filled pastries, stuffed baked potatoes and Slovak lokše.

You can also look forward to some musical accompaniment at lunchtime (11:30–1:00 p.m.) and in the evening (5:00–6:00 p.m.).

Brumlovka.

Filadelfie Building

Let's Talk at Brumlovka

An evening of conversation in English

When: Thursday 16 October, from 6 to 7:30 p.m.

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

We invite you along to an evening of English conversation - no grammar exercises, no tests, just relaxed and fun conversation. Let's practice, meet new people and have some fun - in English!

Get to know your neighbours, join the Brumlovka community and share your stories in a friendly atmosphere. The evening will be hosted by Neil Ware, an energetic English teacher from Scotland who will get everyone talking.

Topic: Small talk masterclass

Free entry | Informal atmosphere | All levels are welcome

Register here: marika.simunkova@passerinvest.cz

Brumlovka.

Talk.



Let's Talk at Brumlovka



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Passerinvest

Workshop.



Autumn Flower Tying



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Passerinvest

Filadelfie Building

Workshop: Autumn Flower Tying

When: Wednesday 22 October, from 5:30 to approx 7 p.m.

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

Come and try your hand at making an autumn bouquet. You'll learn the correct tying technique and we'll advise you on selecting a flower colour combination. The workshop fee includes all the flowers and greenery you need, rental of the tools and a welcome drink.

You take the flower you tie home with you. The course is also suitable for beginners.

Price: **CZK 990 / person** (Payment for the workshop on the spot, in cash.)

Capacity: 8-15 people

Reservations by email: marika.simunkova@passerinvest.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday 29 October 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: [Miloslav Bouda](#)

Miloslav Bouda, a chartered Civil Engineer, is a member of the Board of Directors of the construction company GEMO a.s. and also the Executive Director of the Prague and Bohemia division. During his more than twenty years with the company, he's gained extensive experience in managing a range of challenging and architecturally significant projects - both as a project manager and as director. He headed the construction of the Delta office building in Prague's Brumlovka district, for example. Although his professional world is all about dedication and responsibility, he manages to find that right work-life balance. He and his wife live in Olomouc, where they are raising two young daughters together. He likes to stay active in his leisure time - he's an enthusiastic sportsman and loves cycling and running.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

Miloslav Bouda



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Exhibition.



The Dance of Colours



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Alpha Building

Lenka Wenzelová: The Dance of Colours

When: 4-31 October

Where: Alpha Building, Vyskočilova 1461/2a

The „dance of colours“ on the painter's palette and the rich use of colour are hallmarks of artist Lenka Wenzelová. The artist has been painting for more than twenty years.

She paints with oil and acrylic paints. Her work is characterised not only by its rich colours, but also by a variety of styles. She paints realistic landscapes, yet also enjoys painting abstract works or flowers. She draws inspiration from all around her. In the countryside and in the city.

Come and be inspired and enjoy an exceptional art experience.

Brumlovka®

Beta Building

Regular runs with Puma

When: Every Tuesday, 5:30–7:00 p.m.

Where: Meeting point at 5:20 p.m. at the reception
of the Beta Building (Vyskočilova 1481/4)

Would you like to start running but don't know how?

- Do you get a stitch in your side right away?
- Do the kilometers feel endless?
- Or do you just want to give running a try?

Join our fantastic running group led by running motivator and passionate runner Soňa Kotulková from Running2. Discover that this beautiful sport is truly for everyone – in every season, in any weather, and most importantly... with great people who share the same passion. Build your fitness and a healthy habit that will last through autumn and winter.

And if you're already a runner – you'll enjoy it even more with us!

Brumlovka.

Sport.



Regular runs with Puma



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Meeting.



Invitation to a meeting to discuss the Apocalypse



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Passerinvest

Building B

Invitation to a meeting to discuss the Apocalypse

Secrets of prophecies, symbols and events that still fascinate the world

When: every Monday from 5:30 p.m.

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

Few books have raised as many questions and confusion about their content as the Apocalypse. We know it as the Book of Revelation and it forms the final part of the New Testament, and thus the Bible as a whole.

Certain elements from this book are known the world over, have provided material for countless films, and have inspired a great many people. Examples are the mysterious number 666 or Armageddon, neither of which are mentioned anywhere else in the entire Bible other than the Book of Revelation. Yet the list of interesting topics does not end there. It speaks of the mark of the beast, the last seven plagues, and prophecies concerning our own time. Although there are many difficult symbols and scenes, the main message of this extraordinary book is hope for the life of every reader.

If you are interested in what this book has to say, we cordially invite you to our regular Monday meetings to explore the Apocalypse.

Brumlovka.

Statek Všetice

Jesus – hope also for the wealthy and influential

When: from Thursday 16 October to Sunday 19 October 2025

Where: Statek Všetice

October will see the eleventh continuation of the Bible talks for entrepreneurs and people from public life, entitled Jesus - hope also for the wealthy and influential, led by Radim Passer.

The lecture series covers a wide range of topics that are key to spiritual growth and living in accordance with Christian values. These themes include the importance of the Bible as a basic source of faith and a guide for life, the significance of prayer as a way of communicating with God and finding spiritual strength, an emphasis on ethical principles and values that are important for everyday life, and promoting a healthy lifestyle to improve our physical, spiritual and mental health.

Registration for the event:

To take part, you first need to register in advance at info@maranatha.cz. If you are interested, you will receive more information about registration, the programme, hotel accommodation, etc. Capacity is limited.





Brumlovka Building

Closer to balance with online bookings

Members of Balance Club Brumlovka have all the care they need at their fingertips - just log in to your member profile on the balanceclub.cz website. Online, you can conveniently top up your membership credit or pay for membership at any time, as well as book a personal training session, massage, physiotherapy, diagnostics and psychological support.

Just choose the service and the date, and then there's nothing more to do but enjoy the wait. The member profile opens the door to professional care that helps members feel better, perform better and find the balance they need.

Beta, Building B, Filadelfie

Complete overview of event and meeting spaces

The start of the new school year is a time packed with meetings, training sessions and conferences. We'd like to remind you that right here in Brumlovka you can take advantage of our modern FLEKSI meeting and event facilities - with a 20% discount off the regular price.

FLEKSI halls and rooms are ideal for training, conferences, networking events and corporate meetings. The website contains a complete overview of all the spaces, including more detailed information on the largest rooms, which are a great choice for training or larger events.

Want to find out more or book a date right away?

Write to info@fleksi.cz or call us on +420 720 730 000

The FLEKSI team is looking forward to you and your events

FLEKSI



Brumlovka

Corporate mail without all the queuing and paperwork?

With EDM Services it's a piece of cake!

Don't have time to go to Pankrác, stand in queues at the post office, fill in forms and read through complicated postal terms and conditions? EDM Services will handle all these hassles for you - from preparing consignments and handling claims to their safe delivery by Česká pošta.

The postal v.Box in the Filadelfie building means you can send your mail quickly, conveniently and with zero stress. Just pop your consignment or package (weighing up to 5 kg) in one of the boxes and using the assigned PIN, your parcel will be safe until the driver picks it up. A unique PIN for depositing consignments is assigned to each customer under a service agreement

The driver collects the mail every weekday at the same time (at Brumlovka until 12:00), so you can choose how often your consignments are sent and pay only for the service you actually use. The original posting forms are archived and you'll receive scans by email - the settings can be individually tailored to suit your needs.

Contact for drafting the service agreement: tereza.klofacova@edmservices.cz

EDM
SERVICES



Filadelfie Building

Personal styling and consulting at Meera Design

A full wardrobe, yet you still feel like you „have nothing to wear“? You're not alone. Women are often troubled by:

- uncertainty about what styles flatter their figure
- concerns about how to best combine colours and individual garments
- the daily stress of deciding what to wear to work in the morning

That's why Meera Design offers personal styling and advice to ease these concerns. They'll help you put together a business casual wardrobe that's both elegant and comfortable, and show you how to create lots of different combinations from just a few items.

This means their clients have outfits ready for the office, for business meetings and for leisure - without needing to overthink it.

Come and see for yourself how effortless dressing up every day can be.





**podzim plný
hřejivých chutí**
**chipotle honey chicken bowl
& moroccan pumpkin bowl**



Filadelfie Building and Alpha Building

PuzzleSalads: autumn full of warm flavours

Autumn has arrived at Puzzle Salads - and with it a limited seasonal offer! You can look forward to two original salads and one special ingredient... spicy pickles!

If you like your meals higher in protein and slightly spicy, try the Chipotle Honey Chicken Bowl. And for pumpkin fans, the mildly spicy Moroccan Pumpkin Bowl is back by customer request.

Enjoy the fresh, light and stylish taste of autumn!



Brumlovka

World Sight Day

Dry eye syndrome: when tears are not enough

Do your eyes sting, feel like there's a grain of sand in there, and yet you still tear up? You're not alone - dry eye syndrome affects millions of people around the world today.

This disease of the surface of the eye has many causes and therefore appears a little differently in everyone. In addition to dryness, it can also cause excessive tearing, blurred vision or a general feeling of discomfort.

We talked about this seemingly "trivial" problem in our **interview** with prof. Pavel Rozsival from the eye clinic in Hradec Králové. He revealed why no one should underestimate dry eye syndrome, how to recognise it and how to take care of your eyes properly, not only on the second Thursday in October, i.e. 9 October, which is World Sight Day this year.

Alcon

Systane® Syndrom suchého oka?



Potíže, které mají řešení:



UNÁVENÉ OČI



SUCHOSTI / PODRÁŽENÍ OČI



TEŽKÁ VIČKA



PALENÍ / ŘEZÁNÍ OČI



POCIT PÍSKU V OČÍCH



SLZENÍ OČI



Brumlovka Building

Take care of your eyes

Take advantage of free eyesight tests at Lens Optik

World Sight Day, which falls on the second Thursday in October, is a reminder of the importance of eye care and detecting eye disorders and diseases early.

To mark this occasion, Lens Optik in the Brumlovka building has prepared a special offer - from 13 to 16 October you can take advantage of free vision tests and give your eyes the care they really deserve.

Just book your appointment via the contact form on www.lens-optik.cz

Brumlovka Building

A shiny October: a special package for your car

Give your car the autumn treatment! The Automyčka Collection car wash service has prepared a special package - the A4 programme coupled with hand-applied premium carnauba wax. For the discounted price of CZK 2,995 you get a perfect clean and long-lasting protective coating on your paintwork, not to mention that you save up to CZK 2,500.

Book an appointment now and drive into the new month with a car that looks truly new.

For more information, see www.rucnimycka.cz

Automyčka®
Collection

Září Akční balíček 2025



PROGRAM
A4

více o jednotlivých programech
najdete na www.rucnimycka.cz



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UŠETŘÍTE až
2.500Kč**

Na akční cenu nelze uplatnit slevové karty nebo vouchery.



Brumlovka Building

Get ready for winter with We Hate Ironing

Autumn is the perfect time to focus on your health and immunity. A balanced plant-based diet combined with regular exercise is the best foundation for good physical and mental well-being.

At Maranatha, you can create a tasty and balanced lunch every day to suit your taste buds - and the staff will be happy to help you choose. And if you're planning a business meeting or get-together with friends, they'll be happy to prepare a variety of healthy sweet treats, sandwiches or baguettes to please any gathering.

Loyalty card holders and Balance Club members can enjoy selected specialities from the hot and cold buffet at a 10% discount.

Brumlovka Building

Autumn is coming... boost your immunity at the Maranatha Restaurant

Autumn is the perfect time to focus on your health and immunity. A balanced plant-based diet combined with regular exercise is the best foundation for good physical and mental well-being.

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JAVOROVÝ PODZIM

Iced javorové
caffè latte
s oříškem

Javorové
caffè latte
s oříškem

COSTA
COFFEE

Beta Building

Maple autumn at Costa Coffee

The Maple Caffè Latte with roasted hazelnut will win you over from the very first sip. It's based on the classic caffè latte - delicate and full of flavour, made with quality espresso and hot milk with finely frothed microfoam.

What makes it so special? The combination of maple sauce and roasted hazelnut syrup adds a captivating sweetness and depth. And on the top? Fluffy whipped cream and a cookie crumbled to look like autumn leaves. Available in sizes M and L, in a glass or cup „to go“, both hot and iced!

Struggling to decide between the hot or iced version? A hot maple latte will give you a nice kick-start in the morning or warm you up when the cold starts to creep in. The iced one's perfect for those Indian summer days when you're craving some sweet refreshment.

Can't make up your mind? So have a double coffee date and try both.



Rezidence Villas

Lemon Pharmacy: health and beauty in one place

Lemon Pharmacy is here for anyone looking for professional health and beauty care. Customers can take advantage of some great deals and discounts in **the latest promotional leaflet**. After the summer, they can easily replenish their vitamins, boost their immunity and prepare for the time when germs lurk around every corner. They now have the perfect opportunity. When you buy three Simply You products, you only pay for two.

As well as a wide range of products and expert advice, the pharmacy also specialises in prevention and beauty care. Whether you're looking for medicines, dermocosmetics or need to consult a specialist, you can always rely on a personal and friendly approach.

 **Lemon**
LÉKÁRNA

