

Building B

Miloslav Šindelář: Longevity

The latest scientific insights and practical tips

When: Tuesday 7 April, from 5.30 pm

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

Is it human nature to see biological ageing as something natural and irreversible? Current scientific findings and evidence from the animal kingdom show that this process is not as fixed as we once thought. We can, in fact, influence it through certain interventions and even slow it down.

The lecture will focus on key factors such as diet, sleep, mental wellbeing and physical activity, and how they affect not only lifespan but also quality of life (known as healthspan). Ageing itself is one of the main risk factors for most chronic diseases, which is why it is important to understand it better.

Reservation: rezervace@balanceclub.cz

Admission: **CZK 150/ person** (payment in cash on the door)

Free admission for members of Balance Club Brumlovka.

Brumlovka.

Lecture.

Brumlovka.

balance
club
BRUMLOVKA



Miloslav Šindelář: Longevity



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Passerinvest

Travel evening.



Israel and Palestine: Roots of the Conflict



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Passerinvest

Filadelfie Building

Israel and Palestine: Roots of the Conflict

When: Wednesday 8 April, from 5.30 pm

Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Speaker: Jiří Kalát

The Roots of the Israel-Palestine Conflict... whenever we hear these two names in the news, we often feel tempted to switch channels. The conflict is said to be long, complicated and impossible to understand. Just the opposite! How and when did it all start? Israelis or Palestinians? Who is responsible for the violence in the Middle East? What roles do the United States and Russia play in the Israeli-Palestinian conflict? And what about the Czech Republic? Does it play any part in this dispute that has lasted for seven decades?

During the lecture, I will not attempt to say who is responsible for what or what should belong to whom. Instead, I focus on raising questions. Each of us must then answer those questions for themselves, and our responses should be based both on knowledge and on our own conscience and understanding of justice. Even the way we travel can express an opinion.

Brumlovka.

Beta Building

An inspiring talk with Alexander Choupenitch

When: Wednesday 8 April, from 6.00 pm

Where: FLEKSI, Beta Building, Vyskočilova 1481/4

entrance directly from Za Brumlovkou street, where there is a public car park

Don't miss this unique opportunity to meet Czech foil fencer Alexander Choupenitch, one of the most prominent figures in Czech sport today. The bronze medallist from the Tokyo Olympic Games – the first Olympic medal for Czech fencing – has long ranked among the world's elite.

In a moderated discussion with Eduard Forejt you'll hear the story of his journey to the Olympic podium, as well as what everyday life is like for a top athlete, how he prepares for bouts where a single touch decides victory, and what it is like to study and train abroad.

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Admission: **CZK 150/ person** (payment in cash on the door)

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Talk.

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An inspiring talk with Alexander Choupenitch



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Passerinvest

Jumble Sale.



Find new additions to your wardrobe at great prices!



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Passerinvest

Building B

Clothing Jumble Sale at Brumlovka

find new additions to your wardrobe at great prices!

When: Thursday 9 April, from 8.30 am to 7.00 pm

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

Looking for some original gear for your wardrobe at great prices? Or perhaps you want to make room for new attire and delight someone else with your own treasured fashion? Then don't miss the Clothing Jumble Sale.

THE JUMBLE SALE IS A GREAT OPPORTUNITY TO BUY AND SELL WOMEN'S AND GIRLS' FASHION, ACCESSORIES, SHOES AND JEWELLERY.

Whether you come along to buy or sell, you'll enjoy a day of inspiration, fashion tips and opportunities to find something unique. Changing booths with mirrors will be available.

Come and enjoy the atmosphere, meet other fashion lovers and maybe take home a new favourite outfit.

Brumlovka.

Beta Building

Cocoa ceremony with Betty...

start your week in peace

When: Monday 13 April, from 6.00 pm

Where: FLEKSI, Beta Building, Vyskočilova 1481/4

entrance directly from Za Brumlovkou street, where there is a public car park

Do you like chocolate? Try it in a different way. Ceremonial cocoa helps you slow down and relieve stress.

What you can look forward to:

- a cup of premium ceremonial cocoa
- a brief introduction to the effects of cocoa
- guided meditation for calmness and grounding
- a space to simply be with yourself

Alžběta Němcová will be your host for the evening.

Admission: **CZK 200 Kč/ person** (payment at the venue in cash)

Register by emailing: marika.simunkova@passerinvest.cz

Brumlovka.

Event.



Cocoa ceremony with Betty



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Dance lessons.



Dance Lessons at Brumlovka



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Passerinvest

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday 22 April, from 7.00 pm

Where: shopping arcade in the Filadelfie Building,
Želetavská 1525/1, Prague 4

Come and dance with us for free under the expert guidance of Lenka Nora Návorková – multiple Champion of the Czech Republic in Latin American dance and winner of the StarDance television competition.

April's dance lesson will focus on the Cuban cha-cha. As well as the basic steps, we'll also be learning a few other variations, which we'll combine into a short routine. You'll be able to dance to this on your own or with a partner.

Brumlovka®

Brumlovka Building

Singles evening: “The journey can be the destination”

for travel lovers

When: Thursday 23 April, from 6.00 pm and 8.00 pm

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

Do you enjoy discovering new places, adventures and learning about different cultures? Come along to this travel-themed evening and meet people who share the same passion for the world and for life.



6:00–8:00 p.m.
Thursday, 23 April
CZ



8:00–10:00 p.m.
Thursday, 23 April
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.seznamovacivcecr.cz, where you'll find a wide range of dating nights.

Brumlovka.

Dating.

SEZNAMKA
ŽWAKOVI



Singles evening for travel lovers



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Passerinvest

Workshop.



Dental hygiene: Myths and Facts



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Passerinvest

Beta Building

Dental hygiene: Myths and Facts

When: Tuesday 28 April, from 5.30 pm

Where: FLEKSI, Beta Building, Vyskočilova 1481/4

entrance directly from Za Brumlovkou street, where there is a public car park

Instructor: Monika Okluská

Want to have a healthy and beautiful smile, but the information you get from the media and health-care professionals is often unclear and doesn't work for you in your home oral hygiene routine? Wondering how not only you but also your children should brush their teeth properly, what toothpastes and mouthwashes to use and whether it really is true that the more expensive the better? Never been to a dental hygiene clinic before and would like to know what to expect?

Come and see how easy it can be to take care of your teeth!

Register by emailing: marika.simunkova@passerinvest.cz

Free admission.

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday 29 April, from 6.00 pm

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: [Zuzana Thiele](#)

Zuzana Thiele is HR Director and Managing Director of ATALIAN CZ, a leader in facility management on the Czech market. She has devoted her professional career to HR and people coaching, gaining extensive experience in talent development, leadership and corporate culture. She also specialises in employment law and compliance.

In addition to managing HR, she works as a mentor and coach and is involved in the Equilibrium and SUHR programmes. She has long been committed to corporate social responsibility in HR, particularly the employment of people with disabilities and the promotion of inclusion.

The interview will be conducted by Eduard Forejt.

Brumlovka.

Talkshow.

Zuzana Thiele



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Passerinvest

Exhibition.



Fast Fashion a Plastic Pollution



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Alpha Building

Fast Fashion and Plastic Pollution through the eyes of Elijáš School students

When: April 2026

Where: Alpha Building, Vyskočilova 1461/2a

This year, pupils at the Elijáš Christian Secondary School and Primary School are taking part in the Global Schools project on the theme of „Responsible Production and Consumption“. How much plastic waste do we produce? What exactly is fast fashion? And how is all this reflected in the current state of our seas, oceans and deserts?

The students' artworks explore these questions – pieces that are not only thought-provoking, but also visually striking.

Come and be inspired by the exhibition in the Alpha Building.

Brumlovka®

Náměstí E.G.Whiteové

Exhibition: “What I See”

Spoluživot Foundation Fund

When: March 31 – April 10

Where: Náměstí E.G.Whiteové

The travelling exhibition “What I See” presents the world through the eyes of children from orphanages who, thanks to host family care, experience what it feels like when a specific adult gives them their time, attention, and closeness. The photographs capture both shared trips and seemingly ordinary moments – a meal on a plate, a hamster in a palm, a flower on a table. The images are complemented by stories inspired by real-life experiences of children in institutional care, highlighting the essential importance of a personal relationship with a host. The exhibition was prepared by the Spoluživot Foundation Fund, with photographer František Ortmann as curator.

The project is part of the nationwide campaign “Even a Little Has Power”, which raises awareness of host family care and the possibility for the public to get involved. The exhibition was created with the support of the Prague City Hall, which provided printing and lent display structures for the outdoor panels. Disposable cameras, as well as film development and digitization, were provided pro bono by Fotoškoda.

Brumlovka.

Exhibition.



“What I See”



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Passerinvest

BALANCE FEST

6–12 DUBEN 2026

Brumlovka Building

Balance Club Brumlovka invites you to Balance Fest

Balance Fest, the traditional birthday celebration of Balance Club Brumlovka, will take place from 6–12 April. Throughout the week, members can enjoy a varied programme full of movement, inspiration and opportunities to meet others – from special classes and talks to workshops focused on healthy living and balance of body and mind. Guests will include swimmer Barbora Seemanová, Olympic medallist Alexander Choupenitch, and nutrition therapist Miloslav Šindelář.

This year's event will also have a charitable dimension. Proceeds will go to support Vláďa Mikuláš, a long-time yoga instructor and member of the club community who is currently going through a difficult time. Balance Fest will therefore combine a birthday celebration with a good cause, showing that Balance is not just about exercise, but also mutual support, solidarity and humanity. If you'd like to help too, we've set up a fundraising campaign [that you can join as well](#).

Come and recharge your batteries, try some new activities and enjoy a week full of inspiration and good cheer. For more information, including the programme and how to book, visit <https://www.balanceclub.cz/cs/news/449>

Elijáš Christian Secondary School, Primary School and Kindergarten

The Elijáš School invites you to a series of talks

What, When and How in Parenting

When: Thursday 9 April, from 5.00 pm

Where: in the school building, Baarova 360/24

You are warmly invited to the first talk in the series What, When and How in Parenting. The guest will be Milena Mikulková, an experienced social pedagogue and counsellor who has long focused on relationships and parenting.

Talking about Tanzania

When: Wednesday 15 April, from 10.30 am

Where: in the school chapel, Baarova 360/24

Students themselves invite you to the second talk, Talking about Tanzania, where they will be sharing their experiences from their stay in this African country. The meeting will also include a presentation of projects supported by parents through the school fair – specifically a sewing machine project and a new building with a library.





Lynk & Co
Day

Náměstí Brumlovka

UniCredit Leasing invites you to Lynk & Co DAY

Presentation of Lynk & Co DAY cars on Náměstí
Brumlovka

When: Wednesday 15 April, from 9.00 am to 5.00 pm

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Take advantage of the unique opportunity to test the following models:

- Lynk & Co 01 compact plug-in hybrid SUV
- Lynk & Co 02 compact fully electric crossover
- Lynk & Co 08: a mid-size plug-in hybrid SUV

Enjoy extended test-drive sessions with selected models. Trained staff will be available throughout the event to answer any questions you may have.

Book a test drive [HERE](#).

Brumlovka.

Brumlovka Building

A different take on breakfast and snacks – healthy and delicious

When: Wednesday 22 April, from 5.30 pm

Where: Maranatha Restaurant, Brumlovka Building, Vyskočilova 1100/2

Looking for inspiration for breakfasts or snacks that are not only healthy but also truly delicious? The Maranatha restaurant invites you to a hands-on workshop where you'll discover simple and creative ideas for everyday meals.

You can look forward to tastings and tips that you can easily use at home – whether for yourself or when preparing snacks for the children to take to school. Come and get some inspiration to freshen up your daily menu.

Reserve your place by emailing: martin.hladik@bbcmaranatha.cz

Free admission.



Objevte až stovky

NOVINEK

ve vlasové péči v drogerii Teta!

Korejská
péče



Séra
Oleje



Šampony
Kondicionery



Styling



Barvy
Tonery



Masky



Filadelfie Building

Teta drugstore expands its hair-care range with hundreds of new products

Teta now offers customers new brands and new product lines from popular brands in hair care, styling and colouring.

Discover the Korean secret to perfect hair with TRIMAY, Italian professional care with ICONIQUE, and new ranges from well-known brands such as Gliss Scalp Balance, Syoss Intense Glaze, Welelda Hydrashine, Pantene Love and Grow Abundant, and Taft Aloe Boost.



TRIMAY

ICONIQUE

GLISS

taft

PANTENE

WELEDA

beonde
shoulders

SYOSS

got2b

Building B

Delicious Easter treats from Zrno zrnko

For this Easter, the Zrno zrnko bakery has prepared a traditional selection of festive pastries for anyone who wants to enjoy the spring holidays without the hassle of baking. The offer includes the classic Easter lamb cake, traditional mazanec with or without raisins, and honey-glazed jidáše prepared according to the Maškrtnice recipe. The Easter atmosphere is enhanced by homemade egg liqueur made with bourbon vanilla, Cuban rum and a touch of brandy.

Zrno zrnko recommends ordering your festive treats in advance to ensure nothing is missing from your Easter table. The full Easter menu and order form can be found on the website. This means you can enjoy the festive season in peace and spend more time with your family and friends.

ZRNO ZRNKO
BAKERY & CAFE



Duben

- Sladkoveční ryby:
Pstruh, candát, štika
- Sezónní suroviny:
Chřest, ředkvičky, rebarbora
- Tip na recept:
Smažený candát v parmazánové strouhance, krémové rizoto s chřestem, ředkvičkový salát, lardo škvarky
- Gastro inspirace:
Rebarborový koláč, jamí saláty z chřestu




PERFECT
CANTEEN

Building A

Perfect Canteen: Better food every day

The modern Perfect Canteen and café in Building A is open to anyone looking for a pleasant setting and first-class cuisine. Its team of passionate chefs pool their creative flair to transform even the simplest recipes into an extraordinary culinary experience. Every dish is prepared using fresh, carefully selected seasonal ingredients sourced from the finest producers.

At Perfect Canteen, they know their farmers and the origin of everything that ends up on your plate. They are also constantly innovating and cook sustainably – minimising food waste, saving energy, recycling and carefully tailoring their menu to suit their guests.

Take a look at what the Perfect Canteen master chefs have prepared for you. But there's much more to it than that, so come and give it a try.

Květen

- Plněné knedlíky (blbouni):
Tvarohové, kynuté, krupicové
- Sezónní suroviny:
Jahody, hrášek, mladá mrkev
- Tip na recept:
Plněné krupicové knedlíky s jahodami, kokosová strouhanka, vanilkový krém Anglaise
- Gastro inspirace:
Saláty z mladého hrášku, domácí limonády, variace palačinek (slaná, sladká)



Červen

- Burgerový speciál:
Variace z burgeru – vegetariánské, angus, tiháná masa, seafood
- Sezónní suroviny:
Třešně, rybíz, rané brambory
- Tip na recept:
Domácí Brioché, plněná tiháným hovězím krkem, hoisin majonéza, fermentovaná zelenina, mix listových salátů, brambory Hasselback
- Gastro inspirace:
Třešňová bublanina, grilovací sezóna


PERFECT
CANTEEN

Building A

EAT SMART: Great food is now even closer

On the ground floor of Building A you'll find the popular EAT smart fridge, now in a larger format. The fridge now holds up to 165 fresh meals, and every week you'll find a menu prepared in the kitchen of head chef Filip Sajler.

Just open the fridge and take your pick... because not every box is the same!

- a new menu every week
- early meals cooked from scratch
- seasonal specials



NE KAŽDÁ KRABIČKA JE STEJNÁ



Počlivá nádivka

Šťavnatě kureci prso

Máslová mrkev se sezamem



FILIP SAJLER
A JEHO TÝM



Když není čas čekat. SUSHITIME

Nákupní pasáž Filadelfie



Filadelfie Building

Sushi Time: A quick lunch without the wait

Sushi Time offers a practical lunch solution for those busy workdays when time is short but you still fancy a good meal. Simply choose from the fresh selection in the display case and take your food away with you. Quick, simple and no unnecessary waiting around.

The menu includes sushi sets, poke bowls, onigiri, soups and wok dishes inspired by Asian cuisine. The grab-and-go concept lets you sort out your lunch in just a few minutes - perfect between meetings, during a short break at work, or when you need something quick to take back to the office... and if you've got a bit more time, you can enjoy your meal right there on the spot.

Sushi Time is the perfect stop when you're looking for a quick, light and tasty lunch. Just choose and go.

SUSHITIME

Beta Building

ASKO comes out on top

in the prestigious iF Design Award

For more than 70 years, this award has been recognising world-class design and innovation. This year the international panel of experts honoured several products from the premium Scandinavian brand, combining timeless aesthetics with professional-level performance.

Award-winning products include:

- ASKO Celsius Elements ovens with extremely precise temperature control
- ASKO DW60 Style dishwashers with large capacity and quiet operation
- ASKO Series 5 induction hobs with built-in extraction

This success confirms ASKO's long-standing commitment to functional minimalism, precision craftsmanship and technologies that elevate household appliances to a professional level.

If you'd like to see ASKO products in person, visit the design showroom in the Beta building, where you can explore them in detail.





Building G

Treasure hunt with CATERMAT

A treasure hunt isn't just fun for children. As a team-building activity it works perfectly for adult teams that want to bond and bring together colleagues from different departments. Participants run around the city solving puzzles and searching for clues, encouraging even the quietest employees to collaborate with colleagues they might otherwise never speak to.

Catermat has developed its own application that creates tailor-made games according to the client's requirements. Either in the city centre or out in the countryside. The app guides participants throughout the game, assigns tasks, checks answers and ensures that nobody gets lost and everyone reaches the finish line happy.

This activity is ideal for new teams, separate branches or mixed project groups where everyday communication between people is limited or mainly online. A treasure hunt provides just the right combination of adrenaline and fun, bringing people together far more effectively than traditional corporate meetings in conference rooms.

For more information, visit:

catermat@catermat.com, www.catermat.com, Instagramu and Blog



Brumlovka Building

Spring wardrobe clear-out with We Hate Ironing

Spring is the perfect time to give your clothes a fresh start. The online laundry service We Hate Ironing will take care of your laundry, dry-cleaning and ironing, so you don't have to worry about a thing. Simply arrange a collection and your laundry will be picked up directly from your home.

It will then be professionally cleaned and returned fresh, fragrant and ready to wear. This will give you more time for the things you really enjoy, and leave the laundry worries to We Hate Ironing.

 WE HATE IRONING





Delta Building

A work meeting outside the office?

Try Turnovská pivnice

These days, business meetings often take place outside the office and meeting rooms. More and more people are looking for spaces that combine professionalism, comfort and fine cuisine.

Turnovská pivnice offers the perfect setting for business lunches, informal meetings and client gatherings. Its modern interior, pleasant atmosphere and quality cuisine make it a natural meeting place during the working day.

Whether you're planning a quick lunch with colleagues or a more relaxed meeting, Turnovská pivnice Brumlovka offers a setting where a business meeting can be combined with an enjoyable experience.

 **TUROVSKÁ**
PIVNICE