



**We wish you
a Happy New Year**

Passerinvest

*"So do not fear, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand."*

Isaiah 41:10 (NIV)

Filadelfie building



Traveler's Evening: The Forgotten World of Venezuela

When: Wednesday, January 11, from 5:30 pm

Where: Sommellerie, Filadelfie building, Želetavská 1525/1

Come and listen to an interesting talk by traveler Karl Wolf about places in Venezuela where there is no trace of European travelers in the post-Covid era. This means that he and a group of friends had the opportunity to enjoy the hospitality of the Pemón and Warao Indian tribes or admire the wild landscape of the table-top mountains and the Orinoco Delta.

During his travels, he also visited Salto Angel, the highest waterfall in the world, and the Los Llanos swamp, which swarmed with crocodiles, piranhas and capybaras. While Mount Roraima showed the group a unique world of carnivorous plants, caves and waterfalls. The forgotten world of Venezuela does still exist!

Brumlovka.

Traveler's
Evening.



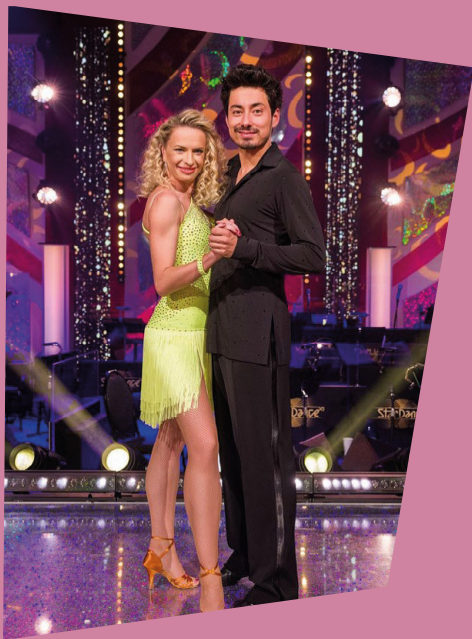
The Forgotten World of Venezuela



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

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Dance lessons.



Dance lessons at Brumlovka



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Filadelfie building

Dance lessons at Brumlovka

When: Wednesday, January 18, from 7:00 pm, dance floor from 8:00 pm

Where: Sommellerie, Filadelfie building, Želetavská 1525/1

The January dance lesson will focus on the lively and energetic CHACHA. The simple choreography of this Cuban dance can be performed by anyone, whether you are a beginner or a more advanced dancer, whether you come solo or as a couple.

The dance teacher is Lenka Nora Návorková, champion of the Czech Republic several times in Latin American dance, winner of StarDance 2018, and the dance partner of Mirai Navrátil in the past season of this popular television competition.

Brumlovka.

Beta building



Workshop: Stillness

– The path to the inner peace

When: Thursday, January 19, from 5:30 pm

Where: FLEKSI Beta, Beta building, Vyskočilova 1481/4

Price: CZK 350/person (members of FLEKSI, Balance Club Brumlovka and Benefit Klub Brumlovka FREE OF CHARGE)

At the beginning of the year we will present an interesting workshop on self-development. We're sure you're familiar with fitness and wellness. But do you know stillness?

Stillness is a term for calmness and activities aimed at optimising inner dialogue and reducing the stress load on the body. You may not be sleeping well, you could be stressed at work, or you simply feel you need some sort of crutch in life. Try stillness. You will try practical one-minute meditation cycles for improving study, work or sports activities. The workshop will be conducted by PhDr. Kamil Polák, Head of the Specialised Methodology Department of the Service Facilities for the Ministry of the Interior. He specialises in the psychophysical and mental training of Olympians, managers and security forces, using his experience in elite sport and practical experience.

Due to limited capacity, please register by email:

marika.duchonova@passerinvest.cz. Payment on the spot in cash.

Brumlovka.

Workshop.

balance
club
BRUMLOVKA



The path to the inner peace



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Talkshow.



Brumlovka Talks

Gabriela Šamanová



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Brumlovka

Brumlovka Talks

When: Wednesday, January 25, from 6:00 pm

Where: online on Brumlovka FB profile

Brumlovka Talks is our talk show, where we invite personalities, whom we feel have something to say and whose work or personal life is somehow associated with Brumlovka

This Month: Gabriela Šamanová, STEM/MARK

Gabriela Šamanová is a sociologist who has been studying public opinion and market research for 20 years. She started her career in the industry from scratch. During her studies, she tried her hand as a pollster and call centre operator, managed the polling network at the Centre for Public Opinion Research, and subsequently worked in data analysis and processing. She is currently working as a project manager at the STEM/MARK agency.

The show is hosted by Eduard Forejt.

Brumlovka.

Brumlovka

Regular Sports Activities

One of the most common New Year's resolutions is to do sports. Join us if a regular activity is on your list. Our offer includes aerobic and therapeutic exercises. We start in the second week of January.

Running Lessons with Puma

When: every Tuesday from 5:30 pm

Where: meeting at 5:20 pm at Beta building reception, Vyskočilova 1481/4

Running lessons are led in two groups for beginners and experienced runners by instructors and bloggers from [running2.cz](https://www.running2.cz) Soňa Hrabec Kotulová and Michal Hrabec.

The first lesson of 2023: January 10.

Yoga for the Public

When: every Thursday from 7:00 am

Where: retail unit in the Budova G building, Michelská 58, entrance from the Baarova Street

A classic yoga lesson for beginners and advanced students of all ages with Daniela Baciková. Own exercise mat required.

The first lesson of 2023: January 12.

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Sport.



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Brumlovka building

Balance Club Brumlovka

Don't fail on your resolutions by February

Fitness and wellness Balance Club Brumlovka is the right place to turn your resolutions into a lifestyle.

A modern fitness centre equipped with Technogym machines, a 25-metre long stainless steel swimming pool, a wellness area with saunas, a terrace with an outdoor hot tub, luxury massages and body rituals, the professional services of personal trainers and physiotherapists and more than 150 studio classes per week will help you find the right balance and the right path to high-quality active relaxation in today's hectic times.

All information about the terms and conditions of membership will be gladly provided in response to an email sent to info@balanceclub.cz or call **234 749 810**.

Filadelfie building

BODY EXPRESS

Fulfil your New Year's resolutions- lose weight, eliminate back pain or get back in shape

The BODY EXPRESS studio in the Filadelfie building has expanded the studio's capacity so you now have the opportunity to come and try EMS exercises even during the busiest times of the day. Electrical muscle stimulation uses weak impulses to activate the whole body. 20 minutes once a week is sufficient for your body to receive the necessary amount of training to make it firm and active and burn enough energy.

Come and find out that it really works and fulfil your New Year's resolutions - lose weight, eliminate back pain or get back in shape.

BODY EXPRESS

- Monday – Friday 8:00 am-7:00 pm
- Saturday 10:00 am-2:00 pm
- Book your trial lesson at 774 431 083

More information and booking via [form HERE](#).





Budova A building

Veggie Challenge at Perfect Canteen MONETA Money Bank

Do you want to eat more plant-based food? Join the Veggie Challenge. With Perfect Canteen, it'll be served to you on a silver platter.

The Veggie Challenge is a 30-day challenge that helps you reduce your consumption of animal products and incorporate more plant-based foods into your diet. Better for health, animals and our planet. Guests will be able to choose at least one purely plant-based dish and soup every day. A wide range of plant-based packaged ready-to-eat food is also available under the Cibule brand at Rohlík.

The Veggie Challenge is the perfect New Year's resolution and also tastes good.

Alpha and Filadelfie buildings

Warm up with the new menu items for the winter season at Puzzle Salads

Puzzle Salads has prepared two bowls for you this time, which will get your blood pumping in the freezing weather.

Moroccan cuisine is very diverse in its flavours. The base is oriental couscous, shredded chicken and vegetable ragout, complemented by the refreshing taste of pomegranate and the sweetness of raisins, dried dates and prunes. If you want a vegetarian version of this dish, you have the option of replacing the meat with falafel or vegan balls.

As the name suggests, the Spicy black pepper bowl will especially please fans of spicy food. However, the mild spiciness of the pork and black pepper hot sauce is perfectly balanced by the basmati rice and warm vegetable salad made from Jerusalem artichoke, white cabbage, vari-coloured carrots and celery.

Come and enjoy a taste.





Alpha building

Cantina Lunchbox.cz Alpha

The Lunchbox.cz cafeteria welcomes 2023 at the Alpha Building with joyful news.

You can enjoy the new interior and especially the expanded range of dishes both in the daily menu and at the hot counter. Regular Vietnamese weeks will also be held with chefs Huei and Than, whom you may already know from the Lunchbox.cz Delta cafeteria. Come and give it a try.

The Lunchbox.cz Alpha and Delta teams look forward to seeing you.



Olivka

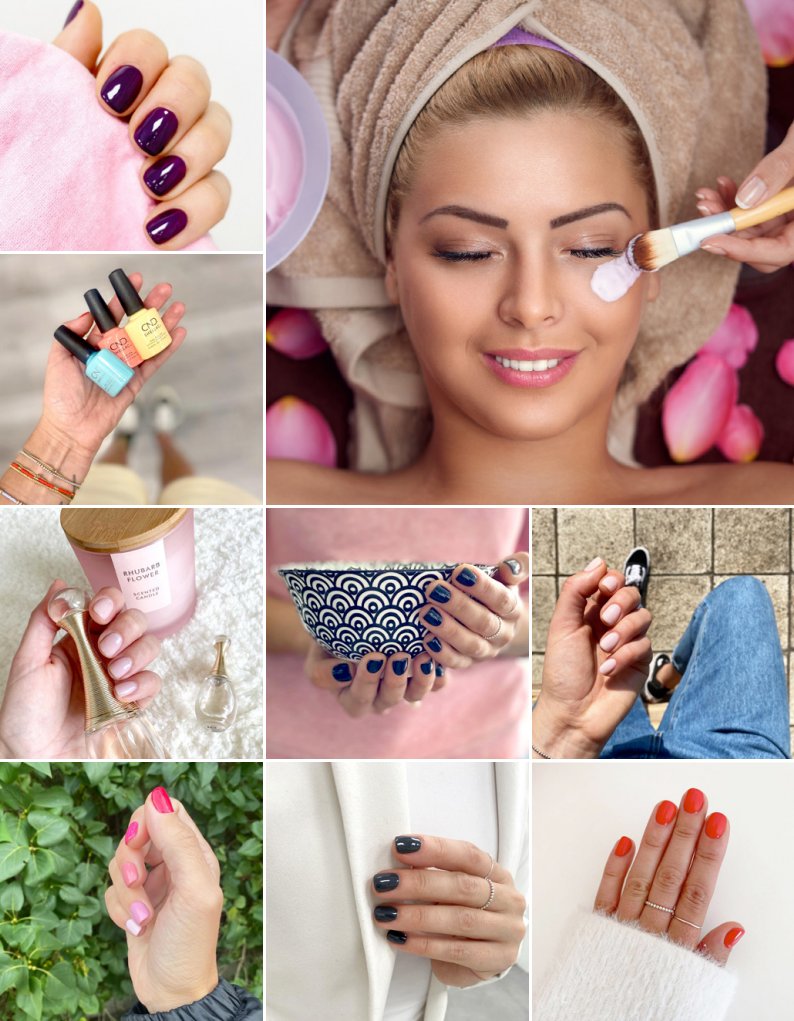
GENIUS Kindergarten is accepting children

Do you want your children to be educated with their unique personality in mind?

The Czech-English GENIUS Kindergarten accepts preschool children from the age of 2. The kindergarten offers the unique GENIUS Mind bilingual educational programme, which focuses on targeted development of the children's potential based on diagnostics and through an individual approach. NTC Learning, Mindfulness, programming and other methods are regularly incorporated into the programme.

The kindergarten is located in the Olive Building (Olivka), which also has a café for parents with children and a surprise for steam locomotive fans. GENIUS Kindergarten also offers a follow-on primary school with a bilingual programme in Krč in Prague 4.





Filadelfie building

New cosmetic services at the Radka Chválová Beauty Studio

The Radka Chválová Beauty Studio now offers cosmetic treatment using the GIGI Laboratories brand:

- Deep skin cleansing
- Protective treatments depending on skin type and current needs
- Revitalizing skin treatment using non-invasive carboxytherapy
- Intensive chemical peeling chosen according to the specific skin problem
- Microneedling with mesococktail according to skin type and current needs
- ANTI AGE intensive treatment 40+

GIGI Cosmetic Laboratories is a leading expert and leader in professional cosmetics. This Israeli brand carefully selects its ingredients, pays strict attention to natural ingredients and subjects each of its products to extensive scientific research and testing at the most prestigious dermatological institutes in the world.

For more information and to make an appointment, visit radkachvalova.cz

**Radka
Chvalova**
Beauty
Studio

Brumlovka building

Open day at the Lady Li Hair Salon

New year with new hair. If you are thinking about changing your hairstyle - colour or cut, the hairdressers at the Lady Li Salon can help you. They are holding an open day on Friday, January 13, where they will give you a free consultation and

- trichological examination and diagnostics
- help you choose appropriate products for use at home
- they will choose the right hair colour and cut that suits you
- and show you how to style your hair at home

The Lady Li Salon team looks forward to seeing you.





Brumlovka building

Lens Optik: Eye Test

The New Year is full of resolutions. Don't forget to include taking care of your health. Start by having your eyesight tested at Lens Optik for example. Our sight is our most important sense, through which we obtain up to 90% of the information from our surroundings. It's hard to imagine living and working with impaired vision. Even so, most people fail to test their sight. Treat yourself to eye care without waiting at Lens Optik.

Option of payment and benefits.

Alpha building

Concrete innovations from Papýrek

The Papýrek shop now offers designer concrete stands from the young Czech Space up Company, which was certainly not idle during lockdown and invented various products to liven up your tables.

We offer handmade stands for pencils, mobile phones or candles. So, stop by at Papýrek, they're great!

Papýrek





Budova B building

Free professional shoe shine at Anthony's

Anthony's is bringing a new experience to its customers. The store will be offering a free shoe shine on Wednesday, January 18, from 3 to 7 pm. Clean and restore your favourite pair of shoes while enjoying a pleasant atmosphere and friendly staff, what more could you ask for?

The whole Anthony's team from Brumlovka is looking forward to seeing you.

ANTHONY'S
/ LONDON

Filadelfie building

Winter with We Hate Ironing

Your cashmere coat, down jacket, your favourite sweater or ski kit all need care. The We Hate Ironing online dry cleaning service will take care of everything for you. Proper and regular maintenance will ensure the maximum functionality and warmth of winter essentials.

 WE HATE IRONING





Brumlovka building

OK POINT

A smooth start to the new year thanks to a financial plan

At a time of economic change, it is more than prudent to start planning financially. The importance of such planning has already been confirmed by the past year. It has been proven that those who have a well-configured financial plan are much better prepared for any turbulence that may unexpectedly occur and impact everyday life.

We expect a number of challenges in the New Year that we will have to cope with and overcome. We therefore enter the coming months with an even greater need for financial security and stability than in the past. However, thanks to the quality of our financial consultants, who are professionals in their field, we are able to successfully face such pitfalls.

Broker Consulting consultants can help you build financial assets according to a pre-determined plan, while having sufficient financial reserves for any situation requiring their prompt use. The experts at OK POINT Brumlovka will be pleased to help you. By calling 242 486 328, you can set up an individual meeting with one of the experts.

- Monday 8:30 am to 6:00 pm
- Tuesday, Thursday 9:00 am to 5:00 pm
- Wednesday 8:30 am to 5:00 pm
- Friday 9:00 am to 3:00 pm

ok POINT
Powered by Broker Consulting

Brumlovka

Safety first

Students from the Elijáš elementary school, grades 1 – 6, participated in a safety workshop led by BESIP (czech safety organisation) representative and local police authorities.

The workshop was focused on road traffic behavior with an emphasis on crossing roads. The children were explained how to move around the school on various roads and where pedestrians have and where they do not have the right of way. The children learned how to cross safely and received many small gifts.

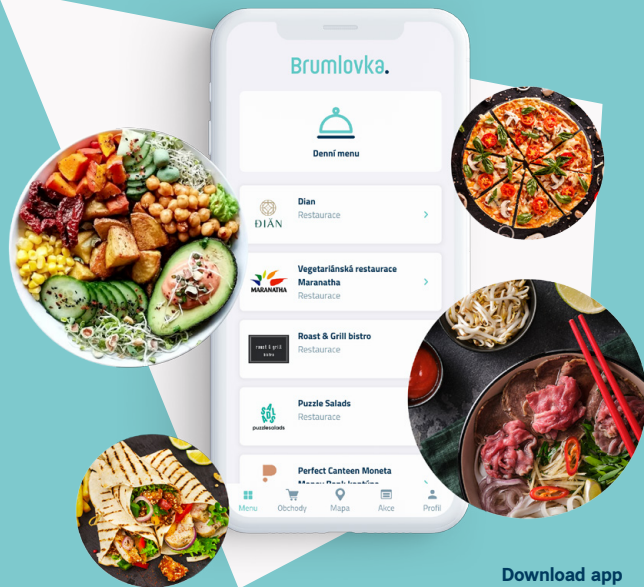
Safety on roads is up to each of us. In this context, we would like to remind you of the rules for drivers on Želetavská Street. The speed limit in this mixed zone is 30 km/h.

THANK YOU FOR RESPECTING EACH OTHER.

Brumlovka.



Brumlovka
mobile app.



Download app

Brumlovka

You will always know where to go for lunch with the Brumlovka mobile app

Download the Brumlovka mobile app to keep all the daily menus of local restaurants, bistros and cafeterias close to hand. Do you fancy something lighter on Monday, something Asian on Tuesday and a Czech classic on Wednesday? Don't have time to sit down to eat on Thursday, but you'll make up for it on Friday? Take inspiration from the app and find the flavours you enjoy best.

The app is available for both iOS and Android operating systems.

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