



# How to look after your bike/e-bike?



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**Passerinvest**

Building B

## Workshop: How to look after your bike/e-bike?

**When:** Thursday 1 February 2024 from 7:00 p.m.

**Where:** Bikero shop, Building B, Vyskočilova 1422/1a

Want to learn how to take care of your bike/e-bike? How to keep your bike in shape? How to care for the battery and extend its life? What are the new trends and how to wash your bike/e-bike properly. You'll find out this, and much more, at this year's first workshop at Bikero. Refreshments and a small gift will be provided. The number of places is limited.

### Workshop programme:

- Bike/e-bike maintenance and care
- What, how and what to use to clean your bike, checking the chain, etc.
- How to properly charge, maintain and store the battery
- Practical demonstrations
- New trends

**Admission:** CZK 189/person/payment at the event

**Registration:** [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

**Brumlovka.**

Building B

# Invitation to a meeting to discuss the Bible's Book of Daniel

How do the ancient prophecies speak of our time?

**When:** every Monday from 5:30 pm.

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

**Speaker:** Radim Passer

Do you ever think about what lies ahead and where we as humanity are headed? If so, pay attention. Part of the Bible, which Christians believe is God's letter to the world, is the Book of Daniel. Although it is not very long, it is full of visions concerning history, our time and the future. The stories and prophecies of the Book of Daniel were written approximately 2,500 years ago in the days of the ancient Babylonian Empire and are definitely worth exploring.

Over sixteen sessions (from January 8 to April 29) we will be exploring the fascinating stories and prophecies of the Book of Daniel, and we will also be studying one of the Bible's most famous prophecies concerning the future of Europe. To ensure the space has suitable capacity, we would be grateful if you could confirm your participation by emailing [info@passerinvest.cz](mailto:info@passerinvest.cz).

**Brumlovka.**

**Meetings.**



## How do the ancient prophecies speak of our time?



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**Passerinvest**

Travel  
Evening.



## How to Travel around the Caribbean



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Passerinvest

Filadelfie Building

## Travel Evening: How to Travel around the Caribbean

**When:** Wednesday 7 February 2024, from 5:30 p.m.

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

**Speaker:** Roman Soukal

The Caribbean isn't just white sandy beaches with turquoise seas, coconut palms and bars serving up the best rum. During the last six years, traveller and guide Roman Soukal has visited a total of thirty-six of the thirty-eight Caribbean countries and dependencies.

Interested in the history of the time of the Pirates of the Caribbean? How can I travel around the islands efficiently and see as much as possible? Which countries are really worth visiting and which are just tourist traps?

Come to the talk to learn more.

Brumlovka.

Building B

# Workshop: Valentine's Day Make-up Session

**When:** Thursday 8 February 2024, from 6:00 p.m.

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

Still unsure how to put on festive make-up or do you always do it the same way? What shades and textures are suitable for whom? What mistakes not to make and how to make your make-up look beautiful and seductive yet natural?

Cosmetic expert and beauty editor Soňa Hrabec Kotulková will advise you on how to do your make-up for the lovers' holiday, and lots more.

**Registration:** [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

**Admission:** Free

**Brumlovka.**

**Workshop.**



# Valentine's Day Make-up Session



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**Passerinvest**

Dating.



## Serious Dating and Family



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Passerinvest

Brumlovka Building

# Dating: Serious Dating and Family

**When:** Thursday 15 February 2024, from 7:00 p.m.

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

Looking for a lasting and long-term relationship with a view to a family in the future? We've prepared a conversation and dating evening for those who are looking for their soulmate and planning to start a family.

The event is intended for single men and women under 40 years of age and will take the form of speed dating. Have a short chat with each one and see for yourself whether there's any spark between you.

**From 7:00 p.m.**

women and men under 40 (CZ)

**Brumlovka.**

Filadelfie Building

# Dance lessons at brumlovka

**When:** Wednesday 21 February 2024, 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** – many times Champion of the Czech Republic in Latin American dance and winner of the StarDance television competition.

The world-famous Carnival in Rio de Janeiro always takes place in February, so our February dance lesson will focus on the SAMBA. Come and join us dancing this joyful Latin American beat, which will really get your blood pumping. We will be dancing solo and in pairs, so make the most of the opportunity and come along to Brumlovka. We're sure you'll enjoy the class, whether you come on your own or as a couple.

We look forward to seeing you.

**Brumlovka**®

Dance lessons.



# Dance lessons at brumlovka



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Passerinvest

Workshop.

balance  
club  
BRUMLOVKA



# Running Workshop



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Passerinvest

Building B

# Running Workshop

How to finally stop being a perpetual beginner?

**When:** Wednesday 21 February 2024, from 5:30 p.m.

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

Do you enjoy running, but whenever you start, you soon give it up? Do you want to run regularly and in all weathers all year round? How to stick with it and how to finally really enjoy running? Soňa Hrabec Kotulková and Michal Hrabec - running motivators and bloggers from Running2 will tell you everything you need to know!

After the theory part of the workshop, we will all go for a run together. The session will also include a test of the new Puma Velocity3 running shoes.

Price: **CZK 100 / person** (Free entry for Balance Club Brumlovka and FLEKSI members.)

Registration: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

Brumlovka.

Brumlovka Square

# Street Food Festival

**When:** Thursday 22 February 2024, from 11:00 a.m. to 3:00 p.m.

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

Come and taste traditional street food from around the world, such as Asian street food, various types of burgers, Jamaican chicken, Spanish churros for dessert and much more.

A music programme will be prepared for you during lunch.

We look forward to seeing you!

**Brumlovka.**

**Festival.**



## Street Food Festival



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**Passerinvest**



Workshop.



# Yoga for Lightness of Being



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Passerinvest

Building B

## Workshop: Yoga for Lightness of Being

**When:** Wednesday, 28 February 2024, from 5:15 p.m.

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

**Instructor:** **Andrea Kopačková**

We will be using asanas to cleanse and release blocks in the body to facilitate the passage of prana - life force energy. We will learn how to practice yoga more easily and develop new skills to become more receptive to our inner energies and processes. We will deepen our confidence in yoga postures.

Workshop price: **CZK 150 Kč / person**

Bring along: **Yoga mat, comfortable clothes, blanket**

Registration: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz)

**Brumlovka.**

Brumlovka

## Talks from Brumlovka

**When:** Wednesday 28 February, 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 help you in seeking inspiration, work and personal values, advice, but also to present life's wins and losses.

**Different person, different topic, each time on Brumlovka.**

**This month:** **Oldřich Šubrt**

He is a graduate of the Faculty of General Medicine of Charles University and specialised in neurosurgery. From 1991 to 2006 he was the director of the Na Homolce Hospital in Prague.

He then chaired the Agel Board of Directors for almost a year. From 2008 to 2010 he was Chairman of the Board of Directors of the Euroclinicum healthcare network. For 14 years, he has managed the Health+ private clinic and is Chairman of the Board of Trustees of the Academy of Healthcare Management, where he also teaches healthcare management.

He has six children, and enjoys travelling, photography and reading historical literature.

**Brumlovka.**

**Talkshow.**

## Oldřich Šubrt




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**Passerinvest**

Exhibition.



# Extinction and Birth

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Passerinvest

Alpha Building

# Exhibition: Extinction and Birth

**When:** 1 - 29 February 2024

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

For their exhibition, authors Marek Odrobina and Jan Edlman have chosen this classic juxtaposition of concepts that are as distant as they are close. For in order for something to cease to exist, it must first come into existence, and again something always ceases to exist so that another thing may come into existence.

Despite all the mutual inspiration, the authors each approach the subject in their own way. They have their own style, form and storytelling skills, and even though their works are so different, the viewer is sure to find a lot in common.

The exhibition encourages deep reflection on what the authors actually wanted to say, what they wanted to inspire, what questions they ask themselves and their surroundings, and whether they are controversial enough to engage observers overwhelmed by today's smog of information and immerse them in contemplation of their artistic message.

**Brumlovka.**

Beta Building

# Regular runs with Puma at Brumlovka

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

**Where:** 5:20 p.m. at the Beta Building reception

Are you tempted by running but don't know how to get started, or do you start running all the time and never stick with it? Come for a free run with us, led by Running2 running motivators and bloggers Soňa Hrabec Kotulková and Michal Hrabec. They'll convince you that running is a really beautiful sport that anyone can do and will advise you how to run so that you enjoy it. The running group is divided into slower and faster runners.

**Come and meet new friends and have a great time running!**

**Brumlovka**®

**Sport.**



## Regular runs



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**Passerinvest**

Sport.

FLEKSI

New premises  
for the lesson



# Yoga for everyone



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Passerinvest

Building B

# Yoga for everyone

**When:** every Thursday from 11 June, from 07:00 to 08:00 a.m.

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

Come and join us at 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 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](mailto:marika.duchonova@passerinvest.cz)

We look forward to seeing you!

Brumlovka®

Building B, Bethany Community Centre

# National Marriage Week

## Practical Information about Relationships

Be inspired to make your good marriage even better or restore what has faded over time in your relationship. Every year during Valentine's week we celebrate the values of marriage and in our talks and lectures you have the opportunity to gain some interesting inspiration and tips for a happy marriage.

### How to maintain a relationship

**When:** Monday 12 February 2024, from 6:30 p.m.

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

**Speaker:** PhDr. Mgr. Jeroným Klimeš, Ph.D., psychologist

### The 7 principles of a happy marriage

**When:** Thursday 15 February 2024, from 6:00 p.m.

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

**Speaker:** Mgr. Patrik Nehyba, Brumlovka Chaplain

### Is there a limit to forgiveness?

**When:** Saturday 17 February 2024, from 11:30 a.m.

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

**Speaker:** Mgr. Radomir Jonczy, theologian and marriage counsellor

 Bethany



Národní týden manželství  
KÖRENY A KRÍDLA  
12.–18. únor 2024

 Bethany



vstup  
volný

**PRAKTICKY  
O VZTAZÍCH**  
inspirativní přednášky

Building B, Beta, Filadelfie

# Looking for a space for your meeting or conference?

FLEKSI offers meeting and conference space in Building B, Beta and Filadelfie. The meeting rooms are suitable for groups of 4 to 40 people, while the conference rooms are available for up to 100 participants.

## The FLEKSI facilities include:

- Full HD 413 cm MEDIAWALL or powerful projectors
- State-of-the-art videoconferencing equipment
- Professional microphones
- Easy connection via HDMI, Wi-Fi or AirPlay
- Camera to film the entire room or just the speaker for online presentations
- Refreshments for participants

More information about the possibilities, capacity and prices of the individual rooms available [here](#)



Budova Brumlovka

# Balance Club Brumlovka invites you to a suburban sports and creative camp

Balance Club Brumlovka and the Elijáš Kindergarten will be holding a suburban sports and creative camp for children aged 4 to 10 between **8 and 16 July 2024**. Register your kids now and give them an unforgettable summer experience.

- Dates: **8 -12 July 2024**
- Place: **Elijáš Kindergarten and Balance Club Brumlovka**
- Price: **CZK 6,600** (25% discount for children of BCB members and pupils from the Elijáš Kindergarten)
- Reservations and more information available on request at:  
[eva.koterova@balanceclub.cz](mailto:eva.koterova@balanceclub.cz)

balance  
club  
BRUMLOVKA







Brumlovka Building

# Boosting immunity at the Maranatha Health Food Store

In order to boost immunity and overall health, the range available at the Maranatha health food store now includes premium 100% organic fruit juices in the flavours **blueberry**, **elderberry**, **chokeberry** and **sea buckthorn**. The juices are cold-pressed from the fruit and gently pasteurized with no added preservatives or artificial sweeteners.

The juices are made from 100% fruit ingredients (NFC = not from concentrate). The juices can be drunk on their own, diluted with water or added to yoghurt and are ideal for fighting colds and spring fatigue.

Beta Building

# ASKO Black Steel designer range of kitchen appliances

If you're looking for perfection, the ASKO Craft Black Steel designer range of kitchen appliances is truly irresistible. The Scandinavian premium appliance brand ASKO, with a tradition dating back more than 70 years, has included this trendy novelty as a tribute to Nordic industrial design, traditional craftsmanship and technically perfect solutions refined down to the finest detail.

The combi, steam and multi-function compact ovens have precision crafted one-piece premium black steel doors with solid metal knobs and sturdy steel handles. They are complemented by other luxury accessories in the same design: a built-in coffee machine, warming drawer and vacuum drawer.

The subtle brushed texture of the appliances' matte black surface reflects the light and warmth of your home, accentuating the kitchen as the centre of domestic life.





Brumlovka Building

## Lens Optik: special 1+1 offer for Varilux lenses

If you need to see clearly at all distances, Varilux lenses are the right choice for you. Varilux multifocal lenses provide sharp near, intermediate and distance vision. The first multifocal lenses were developed by Essilor in 1959 and have been continuously innovated since then to make them as comfortable as possible for users.

Discover the world of Varilux lenses, now on special offer 1+1. Lens Optik will advise you on what lenses are best for you, and they can also test your eyesight.

**Option to pay using benefits.**

LENS  
OPTIK

1+1

LENS  
OPTIK

Building A

# Fried specialties at Perfect Canteen

**When:** 5 February - 1 March (11:00 a.m. to 2:30 p.m.)

**Where:** Perfect Canteen, Vyskočilova 1100/2

New flavours every week. From local cuisine, through Sicily to Asia..

The Perfect Canteen team is looking forward to seeing you!





Olivka

# GENIUS Kindergarten: Opening the door to developing children's potential

Enrolment for the 2024/2025 school year

GENIUS kindergartens are dedicated to the development of children's potential and take an individual approach to each child. With an emphasis on diagnosing youngsters' potential, we provide personalised support to help children as young as 2 years old develop their abilities and skills.

The GENIUS Kindergarten is a modern Czech-English nursery school offering the unique GENIUS Mind bilingual education program and is located in the Olivka Building, which is also home to the Parkofka café.

To arrange an individual tour of the school to obtain information about enrolling for the 2024/2025 school year, please email: [info@genius-school.cz](mailto:info@genius-school.cz)

For more information, please visit the [website](#).



Building B

# Luxury knitwear from Anthony's

Anthony's in Brumlovka offers a wide range of men's knitwear, made from premium natural materials with the utmost care. The shop offers polo shirts, sweaters with a round or „V“ neckline or with a zip, in a wide range of colours and sizes.

Come see for yourself that you'll find just the thing for you at Anthony's.

ANTHONY'S  
/ LONDON





Filadelfie Building

## La Fresca Restaurant: Varied menu from breakfast to lunch

The La Fresca Restaurant offers its guests a unique culinary experience including a lavish breakfast and a balanced lunch.

Breakfast, served from 07:30 to 10:00 a.m., offers a varied choice of dishes from the hot buffet and salad bar. Guests can enjoy toast, scrambled eggs, pancakes and cereals for an energetic start to the day.

The lunch menu, available from 11:00 a.m. to 2:00 p.m., is carefully prepared with variety and quality in mind. Vegetarian meals, culinary specialties from around the world and traditional Czech dishes are served up every day. The lunch menu includes a salad bar. Guests can choose their coffee or tea of choice to go with their lunch at the cash desk.

La Fresca also offers its own desserts, which are also prepared with an emphasis on freshness and quality ingredients. Come and see for yourself!

**LA FRESCA**  
CANTINA & CAFE

Brumlovka Building

# Mandala Montessori: The most spectacular adornment of royal robes

People have always hunted the stoat for its valuable fur, which, as ermine, adorned the cloaks of rulers. The white furs with black tails were a highly prized commodity and were often considered the furs of kings because of their rarity. The same was true of the kings of Bohemia and the ermine-trimmed Coronation Cloak is rightly part of the Crown Jewels.

People mostly hunted these white furs in the winter, as this is the only time that their brown-black fur is replaced by white.

At the Mandala Montessori store you'll find the stoat in both its coats, brown and white, so you can admire it in all its glory, and not just as the ermine you know from fairy tales...





## ZVIZZER HYBRID WAX S EXTRÉMNÍ OCHRANOU LAKU

Prohlubuje lesk a chrání lak po dobu 6-9 měsíců nebo 10.000 km.

Vysoká stabilita a hydrofobitu, odolnost proti vodě a prachu.

100% ochrana laku vašeho vozidla. Aplikace možná na všechny druhy vozidla



za akční cenu: 1.850 Kč

Pouze k programu A4 nebo A5

Brumlovka

## Collection Car Wash Zwizzer Hybrid Wax with extreme paint protection

The Collection Car Wash, a car cosmetic centre that offers detailing and care for your car, has come up with an interesting special offer. Add Zwizzer Hybrid Wax at a discounted price to programmes A4 or A5.

The Collection Car Wash specialises in complete car clean services, hand washing, waxing and body paint restoration with Sonax, Fraber and 3M car cosmetics, leather impregnation and treatment, and interior cleaning, all exclusively by trained staff. The work is always down to the finest detail.