



AN ONLINE WEBCAST

# ANTI-STRESS BREATHING EXERCISES



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English version of all BB Centrum activities are to be found also at

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**PASSEERINVEST**

BB Centrum

## An online webcast: Anti-stress breathing exercises

**WHEN:** Every Monday from 6 pm

**WHERE:** BB Centrum FB page

We have prepared several short online anti-stress breathing exercises for you to help you cope in this exceptional period. The starting method is a yoga practice which applies very gentle physical movements that are precisely and coordinatedly guided by the mind. An important part involves concentrating on your breathing and consciously keeping it in harmony with your body's movements.

The main benefit is the introduction of a sufficient amount of oxygenated air into the organism, while the secondary goal is to calm and develop the being. So come and exercise with us under the guidance of the Balance Club Brumlovka yoga instructor, Pavel Skala.

**The lessons are suitable for both beginners and advanced practitioners of all ages.**



BBCENTRUM

BB Centrum

# An online webcast: Home fitness

**WHEN:** Every Tuesday from 6 pm

**WHERE:** BB Centrum FB page

The gyms are closed, it has started getting dark early and all the while it is getting colder - but despite that, you still want to stay in shape? Exercise under the guidance of the Balance Club Brumlovka fitness instructor Daniel Hlubuček, who has prepared several training sessions for you that will keep you fit even if you have a sedentary job or you are working from home. Just do your exercise during short work breaks, no matter whether you are at home or in the office.

The training sessions will focus on correct breathing, activating the body's core and pelvic floor, and strengthening the abdominal muscles. You can also try out HIIT training, which is high intensity interval training, during which you will be able to test the extent of your fitness.

**The training sessions are suitable for both beginners and advanced practitioners of all ages.**



BBCENTRUM



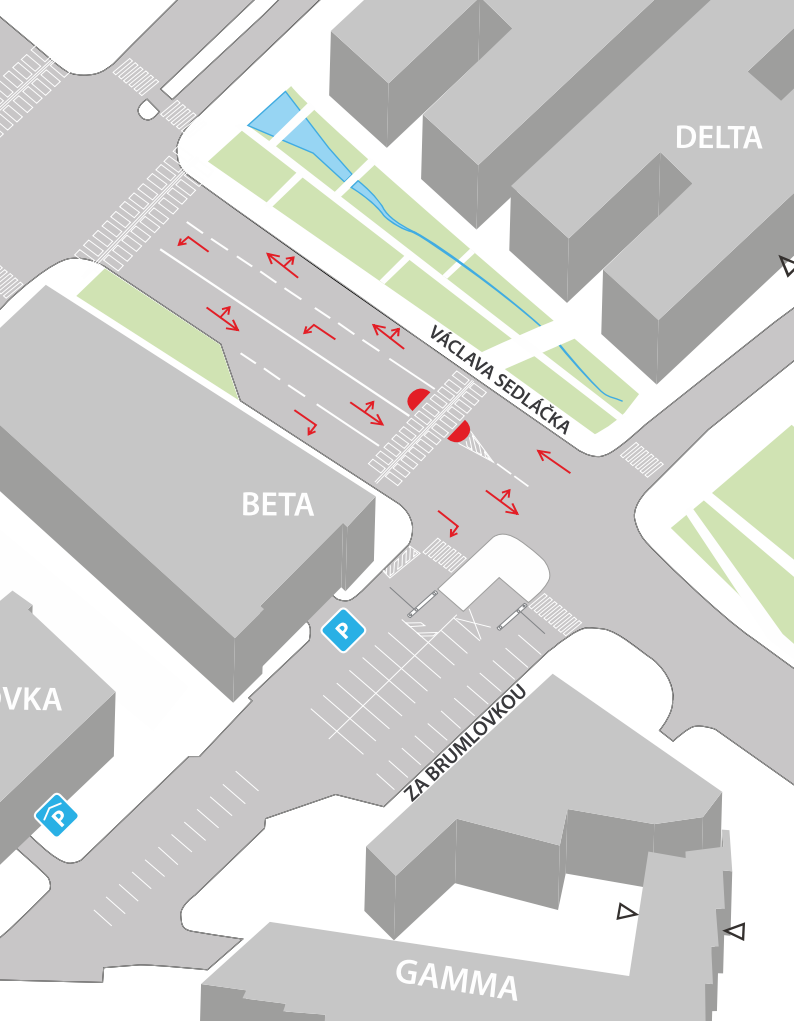
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PROJEKTOVÁ  
PASSEINVEST



AN ONLINE WEBCAST  
**HOME FITNESS**



BB Centrum

## The new turn-off from Václava Sedláčka Street

Construction work of the turn-off from **Václava Sedláčka Street** into the **Za Brumlovkou car park** started at the end of October. A more detailed overview of the future situation is depicted on the map. The construction work will take place in several phases until 30 November 2020.

We are sure that the traffic in this part of the facility will be disrupted to a minimum extent during the construction. Any necessary traffic coordination will be secured by the car park staff in attendance; please cooperate with them.

**The new turn-off will increase the comfort for drivers when driving through this part of the facility and at the same time it will also increase pedestrian safety.**

BB Centrum

# Online yoga for everybody

**WHEN:** Every Thursday from 6 pm

**WHERE:** BB Centrum FB page

Come and stretch your body and do yoga under the guidance of the enthusiastic yoga instructor Daniela Bacíková.

Lessons are suitable for both beginners and advanced practitioners of all ages.



# ONLINE YOGA FOR EVERYBODY



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AN ONLINE WORKSHOP

# HOW TO WRITE A BLOG



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BB Centrum

## An online workshop: How to write a blog

**WHEN:** Wednesday, 11 November from 6 pm

**WHERE:** BB Centrum FB page

Do you have an interesting hobby, wacky ideas or a love of travel that you want to share with others?

**Start writing a blog!** You don't know how to? The professional editors and well-known running bloggers from Running2.cz, Soňa Hrabec Kotulková and Michal Hrabec, will share their advice and practical experience with you.

**They will show you how to establish a platform, how to devise your blog, how to write, how to attract readers and how to promote it.**



BB CENTRUM

BB Centrum

# An online podcast: Will there still be offices in a post-COVID world?

**WHEN:** Wednesday, 25 November from 6 pm

**WHERE:** BB Centrum FB page

The topic of what the offices of the post-COVID world will look like affects every one of us who have worked in an office to date. **Where will we work after COVID?** Will we once again be divided by high partitions or will we be permanently working in a home office?

And are there any lessons for us from the rest of the world or from any previous crises that might tell us what the office world will look like?

Eduard Forejt, an expert with more than 20 years of experience, who has been given the CRE® title (Counselor of Real Estate) by the prestigious American organisation known as the Counselors of Real Estate®, will endeavour to provide his view on these and many more questions.



BB CENTRUM



## AN ONLINE PODCAST WILL THERE STILL BE OFFICES IN A POST-COVID WORLD?



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Filadelfie Building

## We are opening Saint Martin's wine at the Sommellerie

**WHEN:** November 11 - 13, from 11 am to 7 pm

**WHERE:** The Sommellerie Wine Bar, the Filadelfie Building

This year too, you can not only look forward to seeing whether Saint Martin arrives on his white horse, but especially to **the beautiful Czech tradition and still popular Saint Martin's new wine**, the first wine in the new wine year, wine with a fresh taste that has admittedly only matured for a few weeks, but has still managed to acquire its own unique character during that period.

Wines from the traditional early grape varieties from the Bronislav Vajbar and Vladimír Tetur family winery will be on sale. Moreover, you can satisfy your gastronomic desires with a taster portion of Saint Martin's goose, which is covered in the price and can be taken home along with your wine.

Building A

# Eat Perfect: Don't wait for your food, it's waiting for you at home!

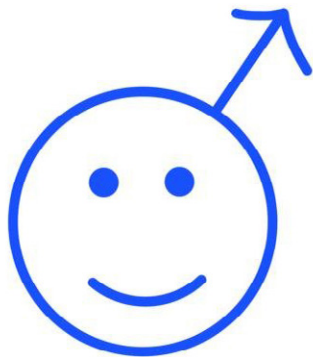
Don't mourn the fact that the Moneta Money Bank's Perfect Canteen is closed now. They will bring food cooked from the very **best ingredients right to your door**. You can also work in your home office without having to worry about food or enjoy a restaurant style Sunday lunch with your family, but in the comfort of your own home.

The objective of Eat Perfect is simple; to save people time and give them truly good food that they can enjoy at any time and anywhere. **If you order HERE, you will receive a special discount.**





## Genitál pro muže kapitál



[Martin Lukeš, Tomáš Novotný, Viktor Vík a Laura Janáčková](#)

BB Centrum Residence

## UROSANTÉ: Genitals are a man's capital

This popular science publication on the topic of **men's health deals with male health from the point of view of a urologist, an andrologist and a psychologist**. It provides a summary of the most common health and mental health problems with a focus on treating and preventing them. The book is designated for all men, both experts and lay people, and their wives.

The book by the doctors Martin Lukeš, Tomáš Novotný and Viktor Vík and the psychologist and author Laura Janáčková has been written in a very easy-to-read, "light" form and the reader will find topics such as:

- erectile dysfunction
- male fertility
- problems in one's sex life
- chronic difficulties of the male appendage
- tumours
- urological prevention and many other serious and less serious topics.

Price of the book is 299 CZK, but it is possible to purchase it at the **discounted price of 229 CZK** (including with the author's signature), if you collect it in person at Urosanté.

Filadelfie Building

## **BODY EXPRESS: Everything can be different. 20 minutes is enough!**

The Filadelfie Building has welcomed a new tenant, the Body Express studio that offers a unique style of exercise using modern technology for a comprehensive and wonderfully quick workout.

EMS (electromyostimulation) is the fastest way of getting your body into shape, breaking down any excess fat reserves and eliminating back pain. The most effective EMS method is available from Body Express. Let modern technology work for you without any unnecessary movements and with maximum effect.

Body Express will be opened as soon as the restrictions related to the epidemiological situation end. Contact Body Express for more information and to make an appointment by email at [bbcentrum@bodyexpress.cz](mailto:bbcentrum@bodyexpress.cz), by telephone on 774 431 083 or using the reservation form on the website [HERE](#).

**BODY EXPRESS**





Brumlovka Building

## Novus Optik: Use a benefit voucher and choose a beautiful new pair of glasses

You can currently use all the services that Novus Optik offers. The optician's **store is still open** despite the current difficult period and it is possible to get your eyes tested and to select glasses and accessories from their wide range of products.

What's more, you can use your employee benefits and not only purchase prescription or sunglasses, but also give your loved ones a gift in the form of a gift certificate. The following benefits are accepted: **Unišek, Cadhoc, Edenred, Gallery Beta, Sodexo, Benefitly a.s., Benefit plus.**

The opticians provide the employees of the companies based at the BB Centrum with a discount at the **amount of 15%** of the entire order. However, this cannot be combined with any payments using benefit vouchers. You can book an eye test by telephone on **605 858 859**.

Filadelfie Building

# A new PPL ParcelShop in the Filadelfie Building

From the beginning of November, you will find a new service, namely a **PPL ParcelShop**, at the Sommellerie in addition to good wine. This oldest and at the same time fastest expanding network of points of issue and sale in the Czech Republic is perfect for those who do not wish to be tied down by a specific delivery time.

What does this actually entail? From the beginning of November, you will be able to have your PPL package sent to or to pick it up from the Sommellerie wine bar. The new service can be used for smaller packages (for individuals), as well as, for example, for the mass sending of Christmas gifts to clients, especially at a time when we cannot all meet up together, no matter how much we would like to.

The operations of the Sommellerie are currently limited in line with the government measures, **but the PPL service is fully available every business day from 12 pm – 7 pm.** Tel. 604 210 157.

