



Holland on a Boat



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Filadelfie building

Traveler's Evening: Holland on a Boat:

When: Wednesday, August 2, from 5:30 pm

Where: Sommellerie, budova Filadelfie, Želetavská 1525/1

Join us for virtual holidays in the Netherlands. Holland is beautiful come and discover it on the boat, reach places that are inaccessible by car, bike or on foot. Daniël Hagen will show us what it's like to be the captain of your own boat for a week.

Brumlovka.

Brumlovka Square

Dance Lessons at Brumlovka

When: Wednesday, August 16, from 7:00 pm, dance floor from 8:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

The August dance lesson will be in the rhythm of MAMBO. Come and try other attractive variations together with us.

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

The session will be cancelled if the weather is poor. For more information follow **FB Brumlovka**.

Brumlovka®

Dance Lessons.



Dance Lessons at Brumlovka



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Street food
Festival.



Experience Latin
America at Brumlovka



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Brumlovka Square

Street food Festival: Experience Latin America at Brumlovka

When: Thursday, August 24, from 11:00 am to 3:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

Take a culinary journey and sample the very best from Latin American cuisine such as quesadillas, tacos, burritos, guacamole, bunuelos, Mexican potatoes, deli meats and much more.

Brumlovka.

Brumlovka



Brumlovka Talks

When: Wednesday, August 30, 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: [Lukáš Nejezchleb](#), [CATERMAT](#)

Lukáš is an entrepreneur at heart and soul. He gained his entrepreneurial spirit and inspiration during his studies in the USA, which he completed in 1998 at the University of Rochester. After returning to the Czech Republic, he joined GE Capital and the investment company Consilium later on. Between 2000 and 2004 he used to develop database apps at Aplis.cz, in which he was a shareholder. He combined his love for food and entrepreneurship to found and open the first „sandwich shop“ in the Czech Republic. Over 20 years in gastronomy, he still enjoys his work, finds it fulfilling and invents innovative solutions. He applies everything in the family company CATERMAT, a successful concept of modern catering. He likes to share his experience during mentoring sessions. He is happily married with three children and a dog. Together and separately, they all like to travel, cycle, cultivate the land and enjoy good food.

The show is hosted by Eduard Forejt.

Brumlovka.

Talkshow.



Lukáš Nejezchleb



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Workshop.



Gentle Flow Yoga



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Budova G building

Yoga Workshop: Gentle Flow Yoga

When: Thursday, August 31, from 5:30 pm

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

Price: CZK 150 / person

Let the instructor Andrea Kopačková guide you through asanas that range from gentle to challenging ones. Emphasis is on safe alignment and balance and slow breathing is encouraged. The calmer pace is conducive to meditative practices of mindfulness and conscious breathing. This makes the class suitable for those who wish to have deep concentration within their yoga practice which is most helped by slowing down and focusing on the breath.

Due to a limited capacity, book your spot at:

marika.duchonova@passerinvest.cz.

Payment in cash only.

Brumlovka.

Alpha building

Exhibition: Quiet, please!

When: August 28-September 30, from 10:00 am to 6:00 pm

Where: Alpha building, Vyskočilova 1461/2a

The multimedia project „QUIET, PLEASE!“ is a unique combination of visual art and music by the distinctive and internationally acclaimed artist and musician Milli Janatková.

The project opens the topic of the effects of stress and other destructive causes on the human body. It includes a set of original graphics and songs (Back, Breath, Anxiety, Heart, etc.) pointing to the need to take responsibility for one's own health and to protect the stability of the individual and thus the whole society. Graphic matrices and prints created in delicate valers point to the calmness that supports life balance.

Brumlovka.

Exhibition.



Quiet, please!



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Regular sports activities at Brumlovka

Outdoor yoga for seniors

When: every Monday from 1 pm

Where: Brumlovka Park, Za Brumlovkou Street

For everyone who likes to exercise in nature, wants to stretch and meet new people. The class is led by Simona Helová. Own exercise mat required. Classes are not held in the event of bad weather. **Follow FB Brumlovka.**

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 Soňa Hrabec Kotulová and Michal Hrabec.

Outdoor yoga for the Public

When: every Thursday from 7:00 am

Where: Brumlovka Park, Za Brumlovkou Street

A classic yoga lesson for beginners and advanced students of all ages with Natálie Lőwová. Own exercise mat required. Classes are not held in the event of bad weather. **Follow FB Brumlovka.**

Brumlovka.

Sport.



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Sport.



Regular sports activities in Nové Roztyly Park

We regularly organize sports session in Nové Roztyly as well. Just choose what suits you.

Fitness Workout

When: every Wednesday from 6 pm

Where: Street Workout Area, the Nové Roztyly Park

The Wednesday workout with Eva Neméthová is focused on building physical fitness and working the whole body. Classes are not held in the event of bad weather. **Follow [FB Krcakzije.cz](#).**

Running Lessons

When: every Wednesday from 6:30 pm

Where: meeting at 6:20 pm by the Roztyly metro station

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

Outdoor yoga for the Public

When: every Thursday from 6:00 pm

Where: the Nové Roztyly Park, right next to the Za Větrem restaurant

A classic yoga lesson for beginners and advanced students of all ages with Natálie Lówová. Own exercise mat required. Classes are not held in the event of bad weather. **Follow [FB Krcakzije.cz](#).**



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Brumlovka building

Summer at Balance Club Brumlovka

Balance Club Brumlovka is ready for the summer season, and the club terrace with its outdoor relaxation areas surrounded by greenery is the perfect place to sunbathe on sunny days.

For a real treat, try the Herbal and Panoramic sauna or the outdoor whirlpool, while members can also use the cooling pool to refreshen up in. In the summer months, when the weather is nice, Balance Club Brumlovka also offers exercise sessions on the terrace. Members can enjoy our morning yoga classes.

The next one is scheduled for Tuesday, August 8, at 7:15 pm with Simona Helová. Try one of the club's ways to get your successful day off to a good start.



Olivka building

Last vacancies at the GENIUS Kindergarten Olivka

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. It still has the last few places available for the 2023/2024 school year.

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 Olivka building, which also has a café for parents with children.

For more information, see genius-school.cz/genius-olivka





Filadelfie building

Refreshing summer at Tlap's Coffee

The summer range at Tlap's Coffee now includes another two refreshing drinks.

The first is the **Philli nitro cold brew** - coffee macerated cold for 12-24 hours, boosted with nitrogen, and topped with a milky espuma foam. The second drink is a little sharper, but no less refreshing. **Cascara gin tonic**.

No idea what a cascara is? Come and find out. There is also a gin-free option for drivers.

Tlap's 
Coffee

Budova B building

Blackberry temptation from Zrno zrnko

Did you used to feast on blackberries at the edge of the forest as a child?

Zrno zrnko brings all this back with its special summer blackberry snails. They cook the filling themselves from whole blackberries and top it with a delicious mascarpone and white chocolate cream. They'll depend on the blackberry season, so probably only until the end of August!

ZRNO ZRNKO
BAKERY & CAFE





Beta building

Costa Coffee: Summer smells of coffee and ice

Enjoy drinks and treats with new flavours, to make any summer gathering more enjoyable and refreshing on hot days.

Treat yourself to the exotic taste of banana, iced coffee, fruit lemonade, iced tea or the super Pink Drink. It's pink, it's healthy and it's addictively good. What is it? A colourful combination of superfoods such as acai berry and goji will energize you, replenish your nutrients, boost your immune system and keep you in a good mood all day long. It doesn't contain coffee; being caffeine-free, it's suitable for everyone.



Beta building

Ice cream shakes from UGO

What's the best thing you can do with fruit in summer? Make ice cream out of it! But you already know that, so UGO have developed the idea and come up with an ice cream shake :-)

The cornerstone is UGO's own ice cream on tap, which is made from 100% unpasteurized fruit juice. The purely fruity component makes up 90% of the ice cream, so you don't feel too sinful when you tuck into it. Both are lactose-free, gluten-free, have no preservatives or artificial colours, and contain no added water. They add just a little sugar and vegetable fat to these for a beautifully creamy consistency, so they're suitable for vegans too. UGO's offers an easy way to freshen up in summer without counting the calories!

There are two types to choose from, with the working names „yellow“ (mango-apricot) and „red“ (strawberry-raspberry). Which colour will you go for?



Ice cream shakes





Delta building

A Turnov to go? Of course!

You already know that Turnovská pivnice Brumlovka lets you enjoy authentic craft beer from the Turnov microbrewery. But did you know that you can also drink this delicious brew at home, at the cottage or even by the water?

In the restaurant, you can buy a plastic litre bottle of beer, pulled by the master brewer right in the brewery! So, you can enjoy that unique taste from the heart of Bohemian Paradise anywhere you like!

Brumlovka building

The Mediterranean at the Maranatha Vegetarian Restaurant

Even during lunch, you can still take a trip to enjoy the world's culinary delights.

During the week of August 11-14, the Maranatha vegetarian restaurant has prepared a special Mediterranean menu. Each day, different refreshing summer dishes will be prepared to help remind visitors of those memorable moments spent relaxing and snoozing under the umbrellas in the outdoor garden.



Brumlovka building

Natural Cosmetics from the Maranatha Health Food Shop

During the warm summer days, it's not only important to keep up your fluid intake, but our skin also deserves some refreshment and hydration after being in the sun.

There are various soothing lotions that are ideal for use after sunbathing or waxing. Your lips are also sure to appreciate a serum containing hyaluronic acid, to hydrate and regenerate these areas. The Maranatha shop offers a wide range of natural cosmetics.



Filadelfie

Discover Great Products and Get Inspired at dm at Brumlovka

The dm store at Brumlovka offers a wide range of top quality private, exclusive and supplier brands at competitive prices. dm's long-term price guarantee means that everyone always gets a good deal. Each price change is valid for a minimum of four months. The dm product range covers all areas of health and beauty care, baby care and household goods.

In its current campaign to promote women's health with the motto: „I believe in my inner strength“, dm aims to encourage women to think positive, lead a healthy lifestyle and take care of themselves so that they better understand their bodies and their needs, realize their self-worth, learn to relax, and feel good every day. For useful advice, inspiration and product tips, see dm.cz/zenskezdрави, the Moje dm app, or call in at a dm store.

The dm store in the Filadelfie building is open on weekdays from 8:00 am to 7:00 pm and on Saturdays from 8:00 am to 1:00 pm.

dm has something for everyone.



„Dnes to bude jen o mně“

My ženy se inspirujeme navzájem

dm.cz/zenskezdрави

Moje dm-app
dm.cz





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THE INVISIBLE.
SEE
IT IN
PRIZM.™**

#oneobsession

MATTHEYESINSUTRO

OAKLEY

Brumlovka building

Lens Optik: Experience the excellence of Oakley

eyewear with revolutionary PRIZM technology

PRIZM technology improves colour recognition in different environments for a given sport. If you wear prescription glasses, don't despair, many of them can be made in prescription versions.

The experts at Lens Optik will be happy to give you a sight test and help you choose the best glasses for you.

Lens Optik

- Monday to Friday from 10:00 am to 6:00 pm
- Tel. 605 858 859
- Tel. 702 096 784



Budova B building

Summer tropical shirt patterns from Anthony's

Try the tropical prints from Anthony's and add that perfect touch of flair to your wardrobe on hot summer days.

ANTHONY'S
/ LONDON





Beta building

ASKO Celsius°Cooking™

hob with built-in ASKO Elevate hood

The 83 cm ASKO Celsius°Cooking™ HIHD854GF smart induction hob includes the built-in ASKO Elevate™ hood, which works on the principle of descending air currents and a unique tower - to bring the extraction surface closer to the pots and the steam produced as you cook. The result is perfectly purified air, yet the hood is very quiet. The hob, in a particularly attractive matt slate-black tempered glass finish, also features Celsius°Cooking™ technology for automatic cooking at precise temperatures. It has an impressive and intuitive user interface and temperature sensors, a probe and an app mean that it interacts smoothly with your cookware. The components communicate wirelessly to precisely control temperature and time, opening up a whole new world of delicious and healthy meals and exciting culinary adventures. A kitchen without a hood to draw attention to the wall or ceiling opens up new perspectives, is free of distracting elements and looks clean.

The hob can be complemented with original ASKO accessories from the Celsius Cooking range: a roasting pan, a chef's pot with a lid and a temperature probe.



ASKO
Inspired by Scandinavia

Brumlovka

New issue of the Brumlovka magazine available from August

The summer issue of the printed version of the Brumlovka magazine will be available for FREE in the upcoming days at the usual distribution points, i.e. in the lobby of every office building at Brumlovka and in the shopping areas of the Brumlovka and Filadelfie buildings.

Don't miss some interesting information from the site and features on new services. We'll be covering topics such as physiotherapy, wakeboarding and mental health hygiene.

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