



Flower workshop. Autumn wreath



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

Passerinvest

Filadelfie building

Flower workshop Autumn wreath

When: Tuesday, October 4, from 5:30 pm

Where: Sommellerie, Filadelfie building, Želetavská 1525/1

Price: CZK 690/person. Capacity: 5–10 people.

Come and make your own natural autumn wreath to use as the perfect decoration for your door or home. We'll help you make it and give you hints and tips on how to decorate the final product. The course price includes the natural materials needed to make the wreath (rosehips, pinecones, heather, dried grasses), the wicker body of the wreath, floristry material and loan of the required tools. You can take the wreath you make home with you.

The workshop is also suitable for beginners. Payment for the workshop on the spot in cash. **Reservations by email:** marika.duchonova@passerinvest.cz.

Květiny Romantika offers courses for individuals and groups as a part of company teambuilding events. Over the course of the year, depending on the season, we offer workshops on making wreaths, Christmas and Easter decorations, flower boxes and flower jewellery, in addition to flower arranging. More at romantika-dekorace.cz.

Brumlovka.

Alpha building

Fashion Marketplace Bring and Buy

When: Thursday, October 6, from 11:00 am to 8:00 pm

Where: Alpha building lobby, Vyskočilova 1461/2a

The second jumble sale of women's/girls' fashion and accessories will take place at Brumlovka on Thursday, October 6, in the lobby of the Alpha building. Anyone can participate in the jumble sale, either as a visitor/buyer or as a seller.

There are a limited number of places available, so please apply by emailing marika.duchonova@passerinvest.cz if you want to take part as a seller. Booths with mirrors will be provided by the event organizer. Payment in cash only.

Brumlovka.

Fashion Marketplace.



Change
of location!
Lobby of the
Alpha Building

Fashion Marketplace Bring and Buy



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Duety.

Talkshow na Brumlovce

David Wittassek



Viktorie Souček



This month:

Great architecture, or city planning through the eyes of Venus and Mars



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Brumlovka



Duety

When: Tuesday, October 11, from 6:00 pm

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

Did you like the online talkshow Hovory z Brumlovky? From October we will be expanding this talkshow to include a more personal experience in the friendly surroundings of the Coffee Perk café. We would like to invite you to the first live discussion on a selected topic from the viewpoint of experts from two worlds, the female and the male. What are their views on the given issues? Do they agree or disagree? Don't miss the new talk show DUETY.

This month: Great architecture, or city planning through the eyes of Venus and Mars

Guests: Viktorie Souček (Bogle Architects) and David Wittassek (Qarta architektura)

The talk show is hosted by Eduard Forejt.

If you are interested in attending in person, please register by sending an email to: marika.duchonova@passerinvest.cz.

A recording of the talk show will be available on the **Brumlovka YouTube channel**.

Brumlovka.

Filadelfie building



Traveler's Evening North Vietnam, mountains and ethnic groups

When: Wednesday, October 12, from 5:30 pm

Where: Sommellerie, Filadelfie building, Želetavská 1525/1

Visit the diverse country of Vietnam with traveller Jula Lukeš. We will explore mountain ranges, mountain valleys, rice paddies, breathtaking sea coves with conical islands, picturesque villages and many other places. We will also talk about the ethnically diverse and friendly population, the delicious food and the interesting history.

Brumlovka.

Traveler's Evening.



North Vietnam, mountains and ethnic groups



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Passerinvest

Food festival.



Autumn soup on Brumlovka Square



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Brumlovka Square

Food festival.

Autumn soup on Brumlovka Square

When: Thursday, October 13, from 11:00 am to 3:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

We cordially invite you to the soup festival at Náměstí Brumlovka. You will be able to taste not only the traditional potato soup, tripe soup or Kulajda soup, but also soups from all over the world. A music programme is prepared for you during lunch.

Brumlovka.

Filadelfie building

Dance lessons at Brumlovka

When: Wednesday, October 19, from 7:00 pm,
open dance floor from 8:00 pm

Where: Sommellerie, Filadelfie building, Želetavská 1525/1

Starting in October, we're moving our dance classes into the dry and warm commercial arcade in the Filadelfie building, to the Sommellerie wine bar. This time we'll dance the Cuban RUMBA. Absolutely anyone will manage the short choreography.

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.

Dance lessons.



Dance lessons at Brumlovka



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Passerinvest

Workshop.

balance
club
BRUMLOVKA



Running workshop



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Passerinvest

Budova G building



Running workshop

When: Wednesday, October 19, from 5:30 pm

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

Price: CZK 150, Balance Club Brumlovka and Benefit Klub Brumlovka Members FREE OF CHARGE

We have prepared an interesting workshop for all advanced and beginner runners in cooperation with Balance Club Brumlovka, FTVS UK and the Puma sports brand. The theory will be presented by BCB personal coach and former decathlete Dominik Špiláček and Jan Fehér from the Department of Athletics at UK FTVS. In this section, they will explain the correct technique, the different energy systems depending on the length of the running route or factors affecting running speed, and advise how to develop endurance.

The theoretical section will be followed by a practical section. The practical section will take place under the guidance of enthusiastic runners and bloggers Soňa Hrabec Kotulka and Michal Hrabec from Running2, thanks to whom you will discover that autumn is the ideal season for running and that you can also enjoy running in winter.

During the workshop you will be able to test some of Puma's race running shoes. **Workshop capacity is limited, if you are interested, please confirm your participation by email: marika.duchonova@passerinvest.cz.** Payment on the spot in cash.

Brumlovka.

Brumlovka Square

Health Day at Brumlovka

When: Tuesday, October 25, from 10:30 am to 4:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

Give your health a chance! In cooperation with Maranatha z.s., the Bethany Social Centre and Elijáš Christian Secondary School, Primary School and Kindergarten, we are organising a Health Day at Brumlovka, where visitors will be able to undergo:

- blood pressure measurement • subcutaneous fat measurement • visceral fat measurement • skeletal muscle measurement • BMI measurement • weighing
- lifestyle test • individual health advice

All services are free of charge. Programme for children also arranged.

More information at maranatha.cz

Brumlovka.

Health Day.



Health Day at Brumlovka



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This months:

Oliver König



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Brumlovka



Brumlovka Talks

When: Wednesday, October 26, 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 months: Oliver König, superbikes

The only Czech motorcycle rider in the FIM WORLD SUPERBIKE CHAMPIONSHIP 2022, who races for the Spanish Orelac Racing team. He was the first rider in history to skip the „big“ supersport class, and went straight from the World Superbike Championship 300 at the age of 20 to superbikes. If you are interested in Oliver's journey to superbikes, the success he has enjoyed during his career, what it takes to be a professional motorcycle rider, what preparation for a race looks like, how his daily schedule has changed since joining superbikes and how he specifically trains and recovers, don't miss this episode of Brumlovka Talks.

Brumlovka.

Brumlovka

Regular Sports Activities at Brumlovka

October already promises cooler temperatures, when you can still run outside, but yoga sessions would not be entirely pleasant. From October, yoga classes for everyone will move into a new, indoor space, and Yoga for Senior Citizens will start again in the 2023 summer season.

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.

Motivational challenge with Puma - run to win new footwear
We remind you that you can still take part in the Puma challenge - you will receive a stamp for your participation in a lesson and you will receive the latest running shoes from this sports brand for 20 stamps.

Outdoor Yoga for the Public – new location

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.

Brumlovka.

Sport.

PUMA



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27 biblických přednášek

JEŽÍŠ Tvá NADEJE



Hotel Moníneč



Jesus, hope even for the wealthy and influential

When: Thursday, October 6 – Sunday, October 10

Where: Moníneč Hotel, Sedlec-Prčice

Would you like to learn more about the Bible, a book that has survived for centuries and continues to turn hundreds of lives around? This year the Maranatha z.s. organization is preparing the 8th year of Bible lectures for people from the business environment, which will be held on October 6-9 at the Moníneč Hotel.

You can participate by registering in advance on or before October 3 at ester.miskejova@maranatha.cz.

During the extended weekend, the audience will hear 26 biblical lectures on key biblical themes and will also hear the life story of Radim Passer, the keynote speaker who guides the audience through all the lectures. The themes aim to show that there is hope even in today's world of corruption, fear, hopelessness, disease, pain and war. It is the hope of gaining inner peace, rest, nice mutual relationships and, above all, the hope of an eternal life full of joy. There is hope for everyone.

More information about the lectures [HERE](#).

Brumlovka

Grand opening of the Lady Li beauty salon

The grand opening of the Lady Li hair and beauty salon in the Brumlovka building took place on Monday, September 19. Beauty truly comes first at this salon, and you will leave the hairdressers with the perfect hair style and a beautiful and vibrant colour according to the latest trends. In addition to hair care, the salon at Brumlovka will also take care of your nails and skin.

For a full range of services, please visit IG ([instagram.com/lady_li.prague/](https://www.instagram.com/lady_li.prague/))





Filadelfie building

Meera Design Sustainable fashion coming soon to Brumlovka

You will be able to enjoy a visit to the Meera Design store, selling original designer fashion on the ground floor of the Philadelphia building, from the end of October. Meera Design's mission is to highlight the natural beauty of women through clothing made from natural materials, and the brand's vision is to care for the health of planet Earth.

The unsurpassable standard of the Meera Design brand, which sews its products exclusively in the Czech Republic, is material of the highest quality. All clothing is made from organic cotton grown without the use of synthetic chemical and often toxic pesticides, herbicides and fertilizers. The fabric is gentle on even the most sensitive skin and has excellent properties - it's cool in summer, warm in winter, it's also extremely breathable, which prevents excessive sweating, and does not wrinkle.

Accept our invitation to the grand opening of Meera Design on October 30 at 6:30 pm, no registration required.



Building G

Modified opening hours at Avatar VR Park

The Avatar Park virtual reality game room in Budova G building has changed its opening hours:

Monday - Tuesday CLOSED

Wednesday - Friday 2 pm - 8 pm

Friday - Sunday 10 am - 8 pm

Opening hours can be extended or the park can also open on Mondays/Tuesdays by prior arrangement.

During the autumn holidays on October 26-27, the Park will be open as on weekends, i.e. from 10 am - 8 pm.

Enjoy a discounted virtual reality experience at Avatar Park.
Happy hours: Wednesday - Friday 2 pm - 4 pm, 20% discount

AVATAR VR PARK





Budova B building

Have you heard yet?

KITSTORE has just stocked Advent calendars!

The countdown is on!

Enjoy the festive season with LEGO® Advent calendars and other playful Christmas gifts. Stay tuned until Christmas Eve! Children will love waiting for Christmas with this calendar, in which they will discover buildable surprises and Advent gifts every day, which will bring joy for a long time to come. The calendars are waiting for you at the KITSTORE shop at Brumlovka or at kitstore.cz

- Advent Calendar LEGO® 75340 Star Wars™
- Advent Calendar LEGO® 76404 Harry Potter™
- Advent Calendar 76231 Guardians of the Galaxy by LEGO® Marvel Studios
- Advent Calendar 60352 LEGO® City
- Advent Calendar 41706 LEGO® Friends.

Don't forget to follow KITSTORE on Facebook and Instagram where we will soon reveal a great special offer for you.



KITSTORE

Beta building

The autumn UGO Purification Fast will take place in November

Purification dates: from November 3, 8 and 10

Registration: until October 9 at ugocista.cz

Try the UGO Cleansing Fast! Lighten your diet, make it easier for your body to regenerate and create space for a natural detox and the related rush of energy. The UGO Cleansing Fast has been designed to provide the right combination of necessary nutrients, as well as variety and interesting tastes.

What exactly is the UGO Cleansing Fast? This is a nine-day programme consisting of three days with a light menu, three days during which only fruit and vegetable-fruit juices are consumed and, finally, another three days of lighter meals. Of key importance are the three "juice" days, during which you treat your body to what is basically concentrated health and give it a break from digestion and from many unhealthy substances.



PODZIMNÍ UGO OČISTNÝ PŮST

Registrace
do 9. 10.





Alpha, Filadelfie buildings

Autumn Menu at Puzzle Salads

Autumn is already here and PuzzleSalads can finally introduce you to their autumn menu, which is newly available from September 20.

In addition to the regular menu, you can look forward to the Hummus & Sweet Potato Salad, which will delight you with its combination of various flavours, feta, sweet-sour pomegranate, spicy sweet potatoes and fresh herbs. Pumpkin lovers can enjoy a Pumpkin Butter Chicken bowl and a seasonal drink in the form of apple lemonade with cinnamon and ginger, which is part of the discounted menu.



puzzlesalads

Delta building

Turnovská pivnice Brumlovka – unique range of craft beers

At the end of September, the newly opened restaurant in the Delta building at Brumlovka is offering a unique range of craft beers that can only be tasted at the Turnovská pivnice restaurant chain. Drinking a beer from the Turnov municipal brewery, where these beers are produced, is a unique experience. The brewery brews just enough beer to cover the needs of its own pubs. This is the only way to ensure the highest quality control and guarantee the uniqueness of each batch.

The names of the beers are associated with the town of Turnov, which is in the heart of the Bohemian Paradise. The basic range of beers include 10° Turnovská desítka, 12° Turnovská dvanáctka Pale Lager and 12° Turnovská dvanáctka Dark Lager. The latest in the range is a fresh, pleasantly bitter 8° Turnovská osmička Pale Lager. All the beers are unpasteurised and unfiltered and they are heavily hopped to make them unmistakable.





Skořicový flat white
se slaným karamellem

COSTA
COFFEE

Beta building

Flat white inside out at Costa Coffee

Summer is gone, long live autumn and with it the new autumn offer from Costa Coffee. The baristas will conjure up hot and cold coffee beverages, which simply must include maple syrup, cinnamon or salted caramel, flavours that are so typical of autumn. A new addition is the cinnamon flat white, which is prepared differently to other coffees.

The winning drink of the Barista Signature Drink Costa Coffee competition is characterised by cinnamon sprinkled directly on the coffee and then adding milk foam to it. Thanks to the optional syrups and real cinnamon, the drink is flavourful and aromatic. You will understand why this drink is a winner when you taste it.



Budova G building

Catermat.com

the fastest and easiest way to arrange office catering

Catermat.com, located in Budova G building, operates an online ordering system to quickly and conveniently order catering for your next event.

Catermat.com is capable of responding very quickly to your request. Order on weekdays by 5 pm and you will have refreshments on the table on the next working day!

Thanks to our speed and the fact that everything is only prepared after you order, we guarantee absolute freshness and quality. And because Catermat.com is committed to sustainable catering, all packaging is compostable or recyclable.

In addition to simple office catering, Catermat.com can arrange almost any kind of turnkey event, including barbecues, both on your patio and in the garden in the courtyard of Budova G building.

To access the ordering system, email catermat@catermat.com.





Brumlovka

World Sight Day Free eye check at Lens Optic

The number of people with eye defects is constantly increasing. Vision usually deteriorates gradually, not suddenly, so you may not notice any changes. Prevention and regular check-ups are important. Visit Lens Optik for an eye test. Tests will be free of charge on the occasion of World Sight Day on October 13.

But don't forget to make an appointment. Tel.605 858 859



AKCE 1 + 1 DÁREK*

v hodnotě 170 Kč
Imunit AKUT - Pro maximální posílení imunity, ochranu buněk a celkové provzdušnění orgánizmu se selenem, vitaminem C a beta-glukány.

*Dárek k nákupu vybraných produktů, za 0,01 Kč; platí do 31. 10. 2022 nebo do vyprodání zásob; při uplatnění klientské karty Lékař LéMON; změny vyhrazeny.

VÝBĚR Z AKČNÍ NABÍDKY OD 12. 9. DO 31. 10. 2022

HERBALMED PASTILKY Dr. Weiss
Islandský líšeňník + tymián + med + vitamin C
24+6 pastilek

- originální švýcarské bylinné pastilky
- líšeňník islandský pomáhá při škrábání v krku, suchém a dráždivém kašli

V AKCI TAKÉ:
HERBALMED PASTILKY Dr. Weiss - další druhy za **115 Kč 139 Kč**
HERBALMED Medical Antivirus Dr. Weiss 20 pastilek za **115 Kč 199 Kč**
(Zdravotnický prostředek)

Doplňkové stravy. (1 pastilka/1,83 g)



139 Kč
115 Kč
-24 Kč

VLASOVÉ HNOJIVO
Husté složení, hustý výsledek!
150 tablet

Rychlá a výrazná podpora hustoty a omezení vypadávání vlasů díky vysoké dávce biotinu.

V AKCI TAKÉ:
Vlasové hnojivo 60 tablet za **359 Kč 420 Kč**
Vlasové hnojivo sérum 50 ml za **225 Kč 262 Kč**
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Vlasové hnojivo tablety - doplněk stravy (150 tbl.: 1 tbl./1,13 g, 60 tbl.: 1 tbl./1,59 g, 90 g)
Vlasové hnojivo sérum, šampón - kosmetika



735 Kč
619 Kč
-116 Kč

ACYLPYRIN® 500 mg
10 tablet

- lék při chřipce a nachlazení
- snižuje horečku a úlevu od bolesti hlavy, kloubů a svalů provádějící chřipková onemocnění

V AKCI TAKÉ:
ACYLPYRIN® + C 320 mg/200 mg tablety, 12 tablet za **85 Kč 105 Kč**
ACYLPYRIN® 500 mg šumivé tablety, 15 tablet za **75 Kč 95 Kč**

ACYLPYRIN® 500 mg tablety / ACYLPYRIN® 500 mg šumivé tablety. Jedna tableta obsahuje 500 mg lyngotinu acetylsalicylové. Volně prodejné léky k vnitřnímu užití. Před použitím si přečtěte přílohou informací a poraďte se se svým lékařem nebo lékárníkem.



45 Kč
35 Kč
-10 Kč

VOLTAREN FORTE 20 mg/g
gel, 150 g

- analgetikum ve formě gelu s účinkem proti bolesti až na 24 h při aplikaci 2x denně
- tlumi bolest zad, svalů a kloubů

V AKCI TAKÉ:
Voltaren kůže náplast 140 mg, 5 ks za **309 Kč 399 Kč**

Pozorně si přečtěte přílohu informací. Voltaren Forte 20 mg/g gel je lék vnitřnímu použití. Obsahuje diclofenacum, diethylaminum. Obsahuje 150 mg kůže náplast je lék k vnějšímu použití. Obsahuje diclofenacum natrium.



499 Kč
389 Kč
-110 Kč

VIGANTOLVIT D3 2000 I.U.
60 tabletek

Vitamin D3:

- pro správné fungování imunitního systému
- přispívá k udržení správné funkce svalů a kostí
- podporuje vstřebávání vápníku v těle
- bez lepku a bez laktózy

V AKCI TAKÉ:
VIGANTOLVIT OSTEO, 30 tablet za **185 Kč 245 Kč**
(1 tableta/6,17 g)

Doplňkové stravy. (1 tableta/6,17 g)



209 Kč
169 Kč
-40 Kč

HERBADENT ústní voda z bylin
400 ml

- Setrná bylinná péče o ústní dutinu
- vhodné při zánětu dásní či parodontitě
- antibakteriální účinky díky extraktu ze 7 bylin, bez chemických látek
- jedinečná bylinná chuť a vůně
- udržuje svěží dech

V AKCI TAKÉ:
HERBADENT roztok na dásně 25 ml za **139 Kč 179 Kč**
HERBADENT bylinná zubní pasta s fluoridem 100 g za **125 Kč 169 Kč**
HERBADENT ORIGINAL ECO zubní kartáček (různé druhy) za **55 Kč 79 Kč**



199 Kč
149 Kč
-50 Kč

Residence Villas

LEMON Pharmacy will help you avoid an autumn cold

Prepare yourself for the cold weather, replenish your supply of vitamins for prevention, or supplement your home medical kit with products to help you get back in shape. Now with a gift of Imunit Akut for maximum immunity, cell protection and overall body stimulation, worth CZK 170 free of charge*.

The entire special offer can be found at the lemon e-shop.

*A gift for a purchase of selected Simply You Pharmaceuticals, a.s. products for CZK 0.01 when using the LEMON Pharmacies client card.



Brumlovka

Kiss and Ride at Brumlovka

Did you know that all suppliers and parcel deliverymen can park for 15 minutes free of charge in the paid parking spaces of the local car parks and hand over your expected parcel in peace?

It is therefore not necessary to block parking at bus stops, sidewalks, crossings or block entrances to garages. We believe that together this way we will improve the use and operation of the public space, thank you.

15 minutes FREE parking

courier • delivery service • suppliers • taxi • private collection • carpooling

Brumlovka.