

BB CENTRUM



03
2014

review

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Running
How to begin?

Dresscode
Men
as dapper

Construction
of DELTA
Building
in pictures



BBCENTRUM

Where Business
Comes to Life

balance
club
BRUMLOVKA



Enjoy summer even in autumn

www.balanceclub.cz



Dear readers,

after a summer „disrupted“ by holidays and activities that can only be done in warm weather, now suddenly everything calms down and slowly returns to its established tracks. Our editors perceive it as a sort of new beginning, so we make a lot of resolutions and we expect that this time we will really fulfill them down to the last detail ... one of the most frequent promises that we make is that we will exercise regularly, not eat so much chocolate and conversely that we will eat regularly and healthily. As a novelty to our plans we've included yoga for autumn this year. I had an opportunity this summer to try it out directly in Indonesia and I have to say that in today's hectic times, it's not just a balm for the body, but also for the soul. Therefore, we've also prepared an article on Yoga for you in the autumn issue of the Review along with some insights from Jitka Brůnová, yoga trainer at Balance Club Brumlovka.

If you've happened upon some interesting places in your summer travels and have tried out or tasted anything new or innovative, do not hesitate to write to me at vendula.malochova@passerinvest.cz. I can share some of the biggest attractions with you in some of our later issues.

Vendula Malochová
Editor in Chief
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BBCENTRUM

Where Business
Comes to Life

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Building of the DELTA



DELTA BUILDING is now the seventeenth building of BB Centrum. Upon its completion, which is in sight after three years, the building will be able to boast several prerogatives at once. It will obviously be the newest, but also the biggest and greenest building on the site. It will conceal more than 38,000 metres square of rented space in its eight floors.



July 2012



October 2013



January 2014



April 2014

Questions and answers

Q> When was the idea to build the DELTA Building born?
Martin Unger - member of the board of directors:
 Instead of the DELTA Building, there was originally the developer plan of AMA Development, but the company could not implement the project for several years. Finally it was the PASSERINVEST GROUP which acquired the land plots in 2005 and drew up the first detailed study for the DELTA building. After some challenging approval processes, including changes to the land-use plan, construction began in 2011.

Q> Is construction going to plan? When is completion expected?
Čestmír Šimůnek - project manager:
 So far all was running to the contract works schedule. DELTA Building was originally to have been completed in November 2014. But now we expect changes in which the building will be modified in accordance with the wishes and needs of the future tenants, so we stopped some of the works. Thus building approval will come with the approval of the rented space.

Q> In what way does the building differ from the rest at BB Centrum? On the other hand, how does it blend in as a whole?
Štěpán Smrčka - sales manager:
 DELTA Building will be the biggest and will take its place next to the present "giants" on the site, FILADELFIE Building and Gamma Building.
 In terms of quality and technicality it will meet the strictest criteria in terms of technical parameters and the latest trends which place stress on the energy demands and economic operation of the building. DELTA Building will of course be BREEAM certified.
 Likewise, the building will be greener. An artificial water trough surrounded by rich vegetation will be built along the street Václava Sedláčka. The south side of the building will tie into the newly created Brumlovka Park, the first part of which will be completed together with the DELTA Building.



May 2014



May 2014



August 2014



September 2014

Q> Who will be the tenants and was it or will it be difficult to find them?

Štěpán Smrčka - sales manager:

The current situation in the Prague office space market is relatively complicated and finding tenants is considerably more challenging than during the boom period up to 2007. But BB Centrum offers comprehensive services and is attractive for international and major Czech companies alike. Intensive negotiations are underway at present with several seriously interested parties. We hope to conclude negotiations by the end of 2014 and be able to welcome the new tenants in the completed building as soon as possible.

Q> What is so attractive about the Delta for potential tenants?

Štěpán Smrčka - sales manager:

As part of the already mentioned vegetation, which will be used as a place of relaxation for the tenants from the entire site, the building will also offer extensive green roof gardens - these will be available to its own tenants. The canteen and restaurant located in the building and available to everyone on the site will certainly provide added value.

A unique feature will be the parking spaces located in five basement levels which, together with public parking, will ensure the building's high capacity and problem-free transport service. ▲▲

Cup&cino

– your new café

– your new joy!

A trendy non-smoking café with the best menu you can imagine!



A unique interior full of fresh green flowers that form a living wall that pleasantly refreshes the air. The café, saturated with the scent of fresh bread and cakes, creates a cozy environment with a home-like atmosphere where you will enjoy great espresso and coffee from our recipes (perhaps a violet latte macchiato or an amazing thick hot chocolate in several flavors) that are prepared for you by trained staff. If you prefer coffee drinks from soya or skim milk or decaf espresso, Cup&cino are prepared for that as well. For regular coffee lovers, the seventh coffee is free of charge.

Loose hot teas are made from the best tea leaves and the fruit consists of the finest fruits from around the world.



The teas are served in a porcelain teapot with a strainer and an hourglass. Cup&cino prefers the best of nature and offers homemade products, fruit

ciders, homemade lemonade without preservatives, iced tea prepared only from tea leaves or a mixture of fruit and herbs. The menu includes fresh

juices from fresh fruit and vegetables, as well as smoothies, yogurt with fruit and granola or fresh frozen yogurt.

Every day, there are also fresh sandwiches, panini or French quiche. You'll be sure to enjoy the soups and salads and as a sweet finish, you can choose from fruit pies, cakes, sponge cake or home-made cookies. You can also order all the offered goodies to go.

Of course, there is free Wi-Fi and most tables are also equipped with integrated outlets, including an USB plug with the option of borrowing a charger for your phone. In 2015 a garden located right in the green countryside will be added to the café. You can pay by credit card or food stamps. Parking is available in the underground garage of the Brumlovka Building.

At Cup&cino your wishes and special requirements are met with maximum pleasure and joy.

Whether you come for breakfast, a large or small snack, lunch, a business meeting, a date or a meeting with friends, it will be a great choice! ▲▲



Cup&cino
 Brumlovka Building
 Hours:
 Mon-Fri 8.00 a.m.-6.00 p.m.
 www.cupandcino.cz
 email: info@cupandcino.cz
 +420 601 573 144

Summer concert CHINASKI

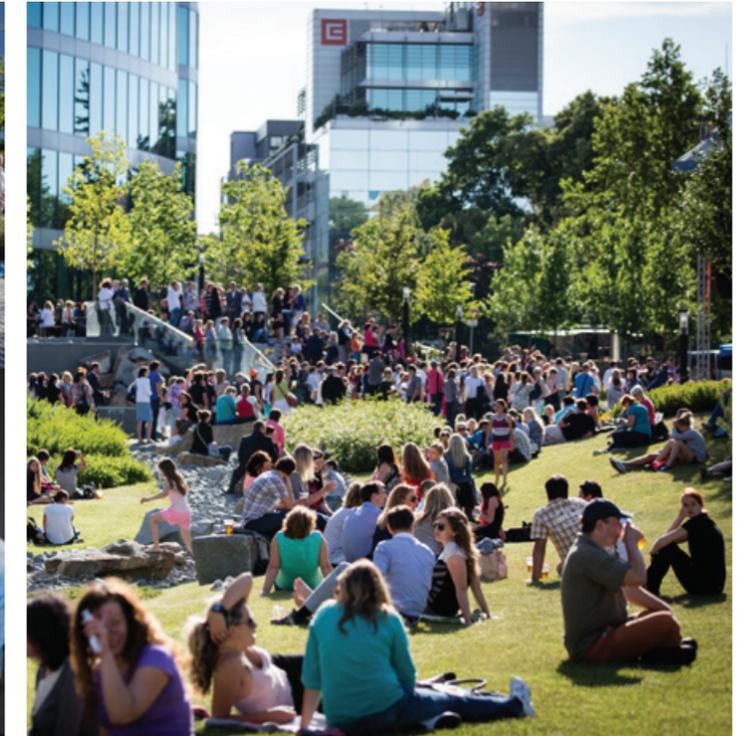
in the style Where Business Comes to Life

That life is not just about work could be seen in the June concert on Thursday of the group Chinaski in Baar Park. The opening act this time was ABBA STARS, who in 2013 were awarded the Break-through group of the Year in the Czech Nightingale poll.

"For the first time the event was also held for the public, so not only people working at BB Centrum, but also their families, friends and random passers-by got together," said marketing manager of PASSERINVEST GROUP Vendula Malochová.

In addition to the beautiful sunny weather, relaxed atmosphere and pleasant music there was also an opportunity to get acquainted with the services of Balance Club Brumlovka, compete for discount coupons to Maranatha restaurant, try running stride diagnostics from Runpremio, buy great Moravian and Italian wines from the Sommellerie or taste grilled dishes prepared under the direction of Express Sandwich. ▶▶

Photos and video of the event can be viewed at chinaski.bbcentrum.cz



The winner of the tournament - team of Balance Club Brumlovka



BB C CUP has a new winner

Pleasant weather for the game, eight dedicated teams and for this year a specially made new traveling trophy - those were the highlights of June, 14th year of the BB C CUP. Balance Club Brumlovka is also slowly becoming a highlight, which came out victorious once again. Second place went to GolfProfi and third to PASSERINVEST GROUP! FK Slavoj Vyšehrad, Microsoft, Hewlett Packard, Fresenius Kabi, Gemalto and GE Money Bank all came onto the field to prove their skill with a soccer ball.

We are excited that the tournament remains popular, and we hope to expand the group of competitors next year with more courageous men. ▶▶



Get yourself addicted to running



Although interest in running is growing, the same errors keep occurring. The greatest of these is that many beginners start without building a solid foundation and simply „overdo“ the start. If you are just starting out with running or you took a longer break from the time you last did sports, you should expect that it will take some time before you get your body back into shape.

The body is a complex „machine“, which must be well prepared if you want to burden it. If you quickly throw

it into the fire, you'll destroy it. It can be likened to the care of a car. It is also necessary to continually and regularly service it, in order for it to work properly. You probably wouldn't expect to take your car on a long holiday trip to the sea after a few years of inactivity. Likewise, each of us is the mechanic of our own body and we have to fine-tune its parts - the muscles, bones, cardiovascular system and psyche.

Therefore it's a good idea to start slowly with running, and if you are overweight, postpone it until later

and simply start walking. That way your muscles can gradually get used to having to work and begin to grow and in response to that, the bones, ligaments and tendons will grow as well. Your fitness and cardiovascular system will also gradually improve and the body will be capable of a higher level of performance before "running out of breath". The metabolic system learns to supply the body and transform the sugars, fats and proteins in it into a source of power for the muscles.

How to do it

Warm up before running. Again, this is similar to a car - you also don't push the motor of a vehicle to high speeds immediately after starting. Therefore, first allow the body for a chance to get warmed up, then ask it for the performance you desire. It's enough to just trot at a slow pace for about 10 minutes. Once you are warmed up, exercise your body from head to toe, dynamically, without holding and not all the way to the extreme position. After stopping, it's good to trot or walk for ten-minutes, again stretching is important, this time with holding and to lesser positions.

As for running itself, it is important to run regularly and at first with low intensity. Set that according to your maximum heart rate (you can find a rough calculation by subtracting your age from 220) - initially you should run so that your heart rate ranges from 50 to 75 percent of the maximum heart rate.

The best way to find out if you are doing it correctly is through a sport tester linked with a heart rate belt, which will watch over you. Or you can do it in the „old way“: If you are still able to say a coherent sentence, but no longer a complex sentence, everything is fine. If you are panting and gasping for breath, then slow down. And if you are talking normally, you should pick up the pace...

Running is becoming increasingly popular. It can't be overlooked. Every year crowds numbering in the thousands roll through the centers of cities in marathons and other races. Although the running boom continues, it is now one of the three most popular sports in the country according to a recent survey conducted by GfK. 1.87 million Czechs run at least once a week.

If you start gently like this, over the course of about a year of training you'll build up not only an addiction to running, but also a solid foundation of general endurance, which you can draw from later on if you decide to run in a few of the mass runs or if you have bigger running ambitions, concerning the times of each course.

If you are starting from scratch, you should run often and preferably for a short time. It is ideal to run about three or four times a week, while just twenty minute trots are sufficient. You will gradually lengthen the time spent running, but the increase by weekly volume should not exceed 10 percent. Only in this way does the body get a chance to smoothly get used to the higher strain and not be put out of action by a running injury.

If it is your ambition to lose weight, it is necessary to come to terms with the fact that you will not prosper much in the beginner stage. To boost fat burning, you need to run at least 40 minutes but it takes a few weeks to work up to this distance. In addition, running, as well as any other physical activity, leads to



increased appetite, so be sure to expect this as well and plan a suitable diet.

When running, especially in the very beginning, it's good to have a partner

with you. Someone with whom you can motivate each other, who will not allow you to stop. In Prague, there are a number of running groups you can

link up with. Group and individual sessions are also organized in the Runpremio store in Building G, which offers cross-country training in the mornings and afternoons at several possible locations.

What to wear

The basics include clothing and shoes. We deal with the shoes, which are a key part of the equipment, in a special section. Choosing the right clothes is not so difficult. However, there are also mistakes here. Beginners normally overdress - they don't realize that the body temperature increases during running. The body regulates the temperature through sweating and the sweat must be quickly released from the body.

If, therefore, you dress in impermeable layers, you will not help much. Clothing should therefore be lightweight, functional and mainly layered. But don't put on too many layers - add about 7-10 degrees Celsius to the outside temperature, and dress accordingly. After completing your run, quickly remove all sweaty clothes, otherwise the body will get cold. ▲▲

How to choose running shoes

There are a huge amount of running shoes on the market, so choosing them is quite difficult. It always depends on what you expect from shoes. It is not enough just to come to the store and take a look at what's on the shelves. Keep an eye on a few basic things and try to choose a specialty shop, for example Runpremio in Building G, where you will meet experienced runners who can advise you.

1. Size

You should choose shoes at least one size (sometimes two) larger than that of your normal shoes. Between your big toe and the tip of the shoe there should be

a gap as wide as your thumb. The reason is simple - your feet work much more during running than walking, and if you don't want bruised toe nails, it's better to wear looser shoes than tight ones.

2. Running surface

Do you already know where you will run the most? That also plays a major role in the decision making. If it's mainly on the streets and paved roads select road running shoes with smooth soles. If your runs will take place more in the field, then go for trail shoes. The soles are thicker, the upper part firmer, often also having a Gore-Tex membrane.

3. Running style

Do you touch down on your heel, your whole foot or on your toes? The best is to step down at the front of the foot with a slight leaning forward, then you can also choose so-called. barefoot or minimalist shoes, which rely on a zero slope between the heel and toe with minimum reinforcement of the arch and a very thin sole. Running in these shoes is very similar to running barefoot. But if you are just starting out, it is likely that you are stepping mainly on the heel, in that case, you will appreciate extra cushioning - simply said "a lot of rubber under the heel."

When choosing in a store, it is well worth it to find out whether you have a normal neutral step, or whether you step across to one of the sides of the foot. This sort of dysfunction can be resolved through inserts that are suitably shaped for such a running stride. ▲▲



RUNPREMIO

Building G
Hours: Mon-Fri 11.00 a.m.-6.00 p.m.
Sat 10.00 a.m.-2.00 p.m.
www.runpremio.cz



Feet in great form

The same care we take of our face should be taken of our feet. They carry us all day long, are given a hard time during sports and are closed in shoes which are often uncomfortable...

However they are not always rewarded with the special care they require for all that.

Peeling may also be given to your feet in the comfort of your home. It softly removes hard and rough skin on heels, and gently makes the skin smooth and clean. You may use a cream with mint oil and red orange extract to treat your feet and joints with a gentle massage. Relaxed, fresh and soft feet with delicate skin will be the reward.

Pamper your feet, they certainly deserve it. ▲▲



dm drogerie
 FILADELFIE Building
 Hours:
 Mon-Fri 8.00 a.m.-7.00 p.m.
 Sat 8.00 a.m.-1.00 p.m.
 www.dm-drogeriemarkt.cz

Bomton introduces the brand SACHAJUAN



Bomton Studios has become the exclusive distributor of the professional Swedish hair and body care cosmetic brands SACHAJUAN. The couple Sacha and Juan have created their own hair product line consisting of Ocean Silk Technology from a species of sea algae on the basis of personal experience. The valuable proteins and minerals from sea algae, combined with other active ingredients in a unique ratio give the hair moisture, shine and restore it to its natural beauty. The essence of SACHAJUAN is simplicity. Hair care should be simple both for hairdressers, as well as for customers.

As a bonus SACHAJUAN also introduces a body series from Earth Silk technology, which was developed by a patented manufacturing process, from Swedish oats, containing so-called beta glucan. The loosened

oat fiber has the ability to penetrate to the deepest layers of the skin dermis, where it stimulates the production of collagen and reduces wrinkles. ▲▲



Bomton Loft Studio
 Brumlovka Building
 Hours:
 Mon-Fri 8.00 am-9.00 pm
 Sat 10.00 a.m.-5.00 p.m.
 Sun 10.00 a.m.-4.00 p.m.
 www.bomton.cz

Quality candles from Květiny Romantika

For the long evenings this year Květiny Romantika is newly offering shops candles from the companies Party-Lite and Bridgewater, who gained worldwide renown for their innovative design and high quality. They are made from very high quality purified paraffin, which ensures excellent burning without smoke and unwanted odors and fills your home with their aroma within a few minutes. As the days grow shorter, and the sunlight decreases, we have fewer options to spend time in the fresh air. At a time when many of us suffer from a lack of light and life energy, candles provide a lot of help. They give off a soft gentle light, free up the flow of energy and their cleansing power gives us peace of mind and helps to soothe emotional imbalances. They are not only a source of warm light and a pleasant scent, but can also be wonderful home acces-

sories that will make the atmosphere in the room very pleasant. ▲▲



Květiny Romantika
 FILADELFIE Building,
 Brumlovka Building
 Hours of FILADELFIE:
 Mon-Fri 9.00 a.m.-6.00 p.m.
 Hours of Brumlovka:
 Mon-Fri 9.00 a.m.-7.00 p.m.
 www.romantika-dekorace.cz



Jewelery collection inspired by the sun

JK Jitka Kudlackova Jewels has prepared another original collection called Sol. This collection pays tribute to the unique cosmic body of the Sun (Spanish Sol), which gives us the basic conditions for life, joy and relaxation. The creator of the collection of jewelry Sol is Mr. David G. Hrubec, one of the designers of the company and brands of JK Jitka Kudlackova Jewels. The Sol collection contains jewelry made of different colors of gold, which can be combined into sets. The jewelry also contains components such as diamonds or pearls. With jewelry from the Sol collection, you will experience a touch of the sun at every moment.

The primary mission of JK Jitka Kudlackova Jewels is a service, especially for customers, for exceptional gold craftsmanship and design. At JK Jewels, they are happy to provide you with personal and professional consultation to advise each individual in their selection of jewelry. ▲▲



JK Jitka Kudlackova Jewels
 FILADELFIE Building
 Hours:
 Mon-Fri 9.00 a.m.-7.30 p.m.
 Sun 10.00 a.m.-6.00 p.m.
 www.jk.cz

Active in autumn color!



Runpremio has prepared a series of new products and accessories for you for this season that will make your sport more comfortable, convenient and enjoyable. Achieve your goals so that you maximally enjoy your running.

New to the offer are the Swiss brand shoes ON as well as the special running collection from the German brand GORE that offers materials that reliably protect against moisture, wind and cold from the outside, while ensuring the transfer of perspiration away from the body, accompanied by a perfect cut and even small details like an ergonomic zipper or reflective patches. For those who are not big fans of running in the autumn sleet and prefer the treadmill in their favorite fitness club there are indoor shoes from the Swedish brand SALMING. They have a softer grip on the outsole, increased ventilation, even in the sole, and don't have to be so muffled.

In Runpremio there are professionals, runners and active athletes who are glad to share their experience with you.

The RUNPREMIO team is looking forward to your visit. ▲▲



RUNPREMIO
 Building G
 Hours:
 Mon-Fri 11.00 a.m.-6.00 p.m.
 Sat 10.00 a.m.-2.00 p.m.
 www.runpremio.cz

Modern women require perfection from their clothes

How to do the women of today look? They are versatile, ubiquitous and extremely busy. A lot of demands are placed on them. Perfection is expected from them. And they require the same from their clothes. The brand VENICE BEACH understands the pressure put on feminine perfection.

That is why they have created the new AUTUMN / WINTER collection 2014, which embodies clothing tailored to their challenging lifestyle. With its revolutionary materials and comfortable fit, which the new collection abounds with, it helps women reach their goals, whether that may be a good time running around a wooded park, new choreography mastered without a single error or even a pile of checked homework... The demands for comfort in all daily activities for contemporary woman are extreme.

As the cult of the body and harmony of the spirit are presently the priority of most modern women VENICE BEACH has answered the call of this trend with a series of sophisticated sportswear for all modern physical activities. These possess vivid colors, stable and high-quality material and innovative technological improvements. VENICE BEACH sportswear does an excellent job of draining away sweat, keeping an excellent shape, drying quickly and it looks fabulous. ▲▲

NIVOSPORT
 Brumlovka Building
 Hours:
 Mon-Fri 9.00 a.m.-8.00 p.m.
 Sat-Sun 10.00 a.m.-6.00 p.m.
 www.venice-beach.com



Hi-tech news



Apple iPhone 6 & iPhone 6 Plus

Early September is traditionally a time for the presentation of new Apple products and this year was no different. Just as last year the American manufacturer has gone and prepared two models for their customers, but this time in different – and unlike its predecessors in considerably bigger – sizes. The standard iPhone 6 offers a 4.7 inch display, while the bigger version has a 5.5 inch Full HD panel. On the other hand, they are even thinner as the standard version is a mere 6.8 mm and the Plus version is 7.1 mm. The eighth generation of the iPhone is also supported by the new NFC. This is above all designed for contactless payments via Apple Pay where all that you need to do is to place the phone against a payment terminal and check your identity by using the Touch ID fingerprint identity sensor. Further innovations are the improved camera containing a brand new sensor (the Plus model also comes with optical stabilisation) and a barometer. Besides the standard 16GB memory option, a 64 GB and new 128 GB version will be available. Both iPhones will be sold in white, grey and gold. ▲▲

Huawei Ascend P7 - slender dandy

This innovation from the drawing board of the Chinese company Huawei, which continues in the footsteps of its predecessor the P6, offers a stylish appearance, ultra thin body and excellent workmanship supported by the use of exclusive materials. The tempered glass in combination with aluminum has a luxurious feel and it definitely won't do its owner any shame. The strengths of the 6.5 mm thin device also include its rich multimedia capabilities led by its 5-inch full HD display. The Ascend P7 boasts a 13MPx camera, which also has autofocus, an LED flash and face detection capability. That can also be controlled using voice commands. The P7 model caters to lovers of so-called selfie portraits, for which the front camera with an unprecedented 8 MPx resolution and Panorama selfie function will certainly come in handy. The Ascend P7 is powered by a 4 core processor and is built on the Android 4.4 KitKat operating system with an Emotion UI 2.3. graphic interface. The price of the 16 GB Ascend P7 model is price at CZK 9,999. ▲▲



HP Pavilion x360 - notebook and tablet in one

HP has included in its portfolio of devices, which at first glance looks like a notebook because of its construction - a rotating screen of 360 degrees - that can also be used as a tablet. This hybrid system design is not new to the market, similar solutions can be found in Lenovo Yoga devices. So why select devices from HP? The main attraction is primarily the low price, which is around CZK 12,000, which for this type of device is really low, if we also take into account that a Windows 1.8 desktop operating system is included in it. The low price also means some concessions, such as a less powerful Intel Atom processor or the use of a classic hard drive instead of a faster disc without mechanical particles (SSD). The touch screen with a diagonal of 11.6 inches has an average resolution of 1366 x 768 pixels. ▲▲



Samsung Galaxy Tab S - tablet with a capital T

The premium product line Galaxy S with Korean Samsung has been expanded with two new additions - first-rate tablets with the ultimate equipment. For those who prefer a more compact size, there is a device with a screen diagonal of 8.4 inches, others may choose the slightly larger 10.5 inch version. Regardless of the size of the screen in both tablets there is a SuperAMOLED panel with a high resolution of 2560 x 1600 pixels. Of course there is a powerful 4 core processor and a 3 GB RAM. The main camera accompanied by a LED diode has a resolution of 8 MPx, for video calling the front camera features 2 MPx including the ability to record full HD video. Connecting to the Internet is primarily provided by Wi-Fi, but a version supported by mobile networks will also be available. You can also choose from 16 GB or 32 GB variants with expandable memory cards. The Galaxy Tab S models are equipped with a variety of sensors from the accelerometer gyroscope over to the electronic compass, which together with the GPS positioning system ensures that you are never lost. The fingerprint reader built into the home button is also worth mentioning. The price of the basic 8.4" version is priced at CZK 11,999, the 10.5" costs CZK 14,599. ▲▲



Suunto Ambit 3 - a watch for every occasion

Ambit 3 Sports Watches are primarily focused on outdoor enthusiasts, for whom planning and tracking is important. The main features of this series is the presence of a GPS receiver along with navigation and a 3D compass. Top models even have a barometer, altimeter and thermometer. The Ambit 3, however, is also suitable for runners and athletes who want to monitor and record the progress of their sporting activities, including measurement of heart rate. There are many functions and moreover they are user configurable. All recorded activities can then be analyzed graphically in the Movescount web interface or via the application in your smartphone, which also serves as a second display for your watch. Meanwhile the data exchange works in both directions - text notification (SMS, social networks, etc.) and phone calls can be received directly on the watch. The Suunto Ambit 3 lasts up to 50 hours on a single charge with the GPS activated. Prices start at CZK 8,000. ▲▲

How Ironman was born

When you say triathlon, most people think of the Olympic triathlon or Ironman. Although both include the same three disciplines, namely swimming, cycling and running, they are still two different sports. While the so-called short Olympic triathlon is finished by the best athletes in two hours, the best times achieved on the ironman courses reach eight hours.

Conquering the Ironman is a huge challenge and really a specific matter. In order to count yourself among the "iron men and women", you have to handle 3.8 km swimming, 180 km cycling and run a marathon at the end. The most famous is the global Ironman in Hawaii, where everyone who has taken on this triathlon desires to fight.

"You can wrap it up, if you wish, no one will blame you. But you will remember your failure for the rest of your life," once said the co-founder of the Ironman, John Collins. This is the greatest mantra of triathletes, the same as marathon runners - not to give up, to finish at any cost.

The Ironman was born in Hawaii in the late seventies, when, during a banquet at the swimming club in Waikiki John Collins began to talk to his wife Judy about an at first glance crazy idea - to combine the three toughest endurance races that were held at that time on the island into just one.

Crazy idea

Collins quickly introduced his idea into practice - the first race took place on 18 February 1978. At the start time just fifteen competitors came, with Collins among them. Before the race, each contestant got three pages of information on the race, the basic rules and a description of the route. On the last page was hand written: "Swim 3.8 km! Ride 180 km! Run 42.2 miles! And brag about it the rest of your life!"

The First Ironman in history was finally completed by twelve brave men and the historic title was won by an American Marine named Gordon Haller, who reached the finish line in a time of 11 hours, 46 minutes and 58 seconds. A year later the race was completed by



the first woman - Lyn Lemaire became the first "Ironwoman".

In the first two years, only fifteen contestants competed, so Collins planned to turn it into a relay race to attract more of them. In the end, it wasn't necessary. The journalist Barry McDermott from the magazine Sports Illustrated, who was writing in Hawaii on a golf tournament, also found time for a ten page article about the race of "Ironheads". The next year, hundreds of competitors registered.

However, the race became the ultimate legend about two years later, when in 1982 people watched the surreal story of a university student Julie Moss. She collapsed just meters before the finish line, while she didn't win the title, she didn't give up the race and exerting all her strength, she crawled to the finish.

Wimbledon in triathlon

This moment was crucial for the development of Ironman popularity all

over the world. Competitors rapidly increased, and not only the healthy. In 1997, a wheelchair bound person finally conquered Hawaii - an Australian named John MacLean finished the Ironman on a hand bike (hand-operated wheel) and a wheelchair.

"Anything is possible" is the motto of the Ironman. And truly - still more and more people are experiencing their large and small triumphs. And all dream about the Ironman in Hawaii. Indeed, the best Czech triathlete Petr Vabroušek who raced in Hawaii fifteen times in a row, says: "The Ironman in Hawaii is the Tour de France or Wimbledon in the triathlon."

80,000 triathletes from around the world register for the 2,200 places at the start. In the professional men's category, only fifty from 800 competitors manage to reach the start. Victory in Hawaii has so much more shine than Olympic triumph.

Actually, it was the popularity of the Ironman race that contributed to the

How to begin with a triathlon?

If you are starting with a triathlon, you can't think immediately about the Ironman. It is better to start with the shortest version which is still a very physically challenging triathlon. As is the training. A major role is played in the preparation by the swimming, as it is technically the most difficult of the three disciplines. In addition triathlons begin with swimming and for untrained swimmers it can finish the race before it begins.

Swimming - ideally train two to three times a week, find yourself an experienced swimmer or coach who will teach you to swim properly. You can't handle it alone. Through the freestyle technique, cut it into smaller sections - i.e. eight times 50 m rather than 400 m all at once (this will help you maintain your concentration). Breathe after three strokes, breathe on both sides (do not hold your breath under water, smoothly exhale). Remember also that while in the pool the water is relatively calm, in the race it is much wilder and more difficult to keep together the right triathlete technique.

Cycling - once or twice a week, go roughly 40 to 50 km, ideally with a hill climb, maintain a similar intensity. Also train the transition from open water to the bike and from the bike to the running part, otherwise you can lose a lot of time in the depot. Never forget the helmet in training, in the races it is mandatory.

Running - if you have not run too much before, start slowly (20 minutes two to three times a week) and gradually add about 10 percent compared to the previous week. Combine intervals of running (fast running sections with breaks (for example, 100 to 400 meter, trotting or quick walking at twice the distance) with running at the same intensity. Gradually work the training time up to about 45 minutes.



triathlon being included in the Olympics. The premiere was in Sydney in the year 2000 in its shortened version, which was more attractive for television viewers. In addition, there are other official distances - i.e. The sprint triathlon consists of a 750 m swim, 20 km cycling and 5 km run, the medium triathlon involves 1.9 km swim, 90 km cycling and a half marathon, while the long triathlon includes 4 km swimming, 120 km cycling and 30 km running.

Off the wall races

Of course there are also a number of unusual amateur races, where the portions of meters or kilometers for each discipline are determined by the organizers themselves. In addition, the triathlon is divided into road and off-road, the so called X-Terra. The road triathlon relies on a street bicycle and longer distances, X-Terra is ridden on a mountain bike in mountain terrains and the distances are shorter.

But this does not always apply, even off-road triathlons have their special races - e.g. the Brutal Norseman involves ironman distances, but the swimming is done in the Hardangerfjord fjord at a water temperature of about 13 degrees Celsius, the cycling track leads through several challenging mountain passes and the finish line of the running portion is at a height of 1 850 m.

Even in the Czech Republic

Really far out is the domestic race Czech Bigman, within which in two days you have to complete the off-road and the long version of the triathlon. What exactly does that mean? In the off-road triathlon competitors must complete a 1 kilometer swim in the Vltava River, 25 km cycling in Chuchelský háj and a five-kilometer run along the river. The next morning, again in the Vltava river, this time for 4 km, then 180 km on the highway and in the end the classic marathon. ▶▶



First race at Waikiki



Karel Nováček

They said what could I know
as an athlete about investments

His past and current work probably could not be more different. Starting in 1984, he played professional tennis. During his tennis career he won thirteen ATP tournaments, played in the semi-finals of the U.S. Open, twice played in the quarter-finals of the French Open and also took part in the Masters. In 1991 he was named the eighth best player in the world. However, at the age of 34, Karel Nováček traded the tennis courts for banking halls. He began working as a private banker in the USA at the bank Morgan Stanley. Today he works in the Czech Republic for UniCredit Bank.



Q> To go from being a tennis player to a banker is a pretty big leap. How did it happen?

Tennis depends on physical fitness. A person can not actively do that forever and I knew that I did not want to stay in tennis after finishing my professional career. In tennis you also earn big money and finance always interested me when I was playing. I just wanted to understand the possibilities of how to invest the money I was earning. I wanted to know what was being offered to me. When I was thinking about leaving tennis, Lewis Fogel from Morgan Stanley approached me with an offer and I went from being their client to being their employee. They had a wide range of athletes in their portfolio and my past promised that I would understand well the needs of these special kind of clients.

Q> What was the hardest thing for you regarding making such a change?

I went through a very difficult training process and preparing for licensing tests, which took nine long months and the whole time I basically didn't see my family. But I had their support and we all got used to the new routine. Far more difficult for me was that from

the beginning people associated me with the sport, not with the world of finance. They said what could I know as an athlete about investments. I struggled a lot with that skepticism at the beginning.

Q> In the beginning of your financial career you cared mainly for clients from the sports environment - does managing the finances of athletes somehow differ from ordinary mortals? My first client was not an athlete, but a businessman. To this day, we have a very friendly relationship. And athletes? They are definitely different than other clients. They are young, don't have time, they deliver top sports performances, for which they must have maximum focus, they have a large income and like to spend. Handling their portfolio is simply more difficult and requires a different approach.

Q> Did your history in sports help your career as a banker in another way?

Definitely. It taught me that even the things I do not like to do are important. I managed, I think, minor failures better. I knew that one failure is not the end of the world and most of it depends on the outcome. I had to develop the same as in tennis - it always takes hard work for a good position.

Q> For a relatively long time you lived and worked in Florida. How was it for you? Do you miss it?

We lived in Florida for sixteen years, since 1994. I still have Czech and American citizenship and my children grew up here. I love America. Even though it has changed a lot since September 11, 2001, but there's still freedom in the sense that you can do what you want with your life. There is nothing extraor-

Have you gained interesting experience and achieved exceptional results? Is there an interesting person on your team? Tell us about them in an e-mail sent to: info@passerinvest.cz and share their stories with others. The best stories will be published and rewarded.



dinary about changing your career and starting to do something vastly different, as I did. No one has a problem with picking up and moving to the other end of the country for work.

Q> Is your current job time consuming? Yes it is. I have a full diary for thirty days in advance, but my job fulfills me and it's fun too. With my colleagues we are also involved in charity and support the shelter in Karlín under the Archdiocese charity that helps people in need. Our employers also support us in that:

UniCredit Bank always doubles our contribution within the Gift Matching Program.

Q> What does your family say about your busy diary? How do you spend your time together?

I have three already quite grown-up children. The oldest Anice is 22 years old and studies in New York. So at home I mainly see my sons Samuel and Yannick, who are 17 and 15 years old. We play golf together, and also with my wife we play tennis sometimes, like

family doubles. When the family is together, it's always a good time.

Q> And how do you like it in BB Centrum?

For me, BB Centrum is like a little city within a city, and though my main sphere of activity is in the banking house at Republic Square, I like coming here. I like that there are a variety of services available here for people in addition to their office chairs, including the fully-equipped fitness club Balance Club Brumlovka. ▲▲



Kiindi – eat well and healthily, fun and in a novel way...

Starting in August, you can eat well at a Thai restaurant located on the corner of Michelská and Baarova Streets, inside Building G at BB Centrum. And so there can be no doubt that the appetite of connoisseurs and devotees of interesting and varied cuisine will be satisfied there, the company has the Thai phrase “Kiindi”, meaning “eat well”, in its name.

The owner of the restaurant is Jean-Paul Sak Lokham, a Frenchman from Laos. He runs it with his wife Tingting Shan, as well as its sister establishment in Prague 3 Kiin. The brother Feng Shan will also be involved in the new restaurant, so this is truly a family business. Jean-Paul acquired his gastronomic experience both in the States, as well as in France, where he lived for some time. The couple jointly ran a modern Thai stamping company in San Francisco, but after a few years they returned to

Bohemia, where the family of Tingting Shan lives. They also brought the concept of healthy and fun Thai cuisine combined with American influences with them.

Children welcome, Smoking not

What awaits you in Kiindi? On the technical side there are 120 seats, two closed rooms for private events each for 12 persons that can be combined into one large playroom complete with toys and a TV, bar seating and a bathroom for the

disabled. All rooms are non-smoking. Outdoor seating is planned for the future.

Under the arch of a Thai temple

From the visual side it is a simple modern interior, the implementation of which came from the hands of Tingting Shan, who studied design in the USA. She worked as an interior designer there and accumulated rich experience especially when designing the interiors of luxury international hotels and restaura-

TIP:

Chef Jean-Paul Sak Lokham recommends “Hurricane”, a mixture of fried meat with vegetables in a Szechuan pepper sauce, which is served with either chicken, beef or shrimp according to your choice.

rants. The concept of Kiindi is based on the shape of the roof of Thai temples and this arch is repeated in several places in the interior. As far as color goes, the designer mainly opted for gray, black and orange, in her words typical Thai colors that are often used in Thai temples and support appetite, along with other things. Modern space with a touch of Thai history.

Mixing styles and flavors

A similar fusion of modern and typical Thai awaits visitors on their plates. The four chefs involved in the preparation of the menu, come not only from Thailand but also from France and other Asian countries. The result is called Fusion kitchen, a modern mix of various cuisines, whose common denominator is freshness, seasonality and Thai ingredients.

The influence of other cuisines makes extensive use of homemade desserts. Typically Thai ones are said to be too sweet and it is not easy to get the ingredients here for them. Thai crème brûlée with pandan leaf extract is a delicious result of mixing different styles. The tropical plant with long green leaves is used in Thai cuisine for food packing or as a paste for flavoring desserts, which imparts a unique flavor and aroma. Fried bananas with mango sauce in turn contains a secret ingredient which the restaurant owners discovered during their American stay. But of course you probably won't find out anything else about that...

All from their own kitchen

Everything you have the opportunity to enjoy at Kiindi comes exclusively from their own kitchen. “In addition to food we bake our own cakes, produce our own ice cream, homemade lemonade, homemade Thai iced tea, lists the owner Jean-Paul,” and most importantly we change our menu every day. In the sister establishment in Prague on Jagellonská Street we did not re-



The bargain price lunch menu is variable and includes soup and dessert in addition to the main dish. The selection usually consists of three to four items, one of which is always vegetarian. The lunch menu is available every weekday at www.lunchtime.cz and every night before on facebook www.facebook.com/KiinThai.

peat the same lunch menu for almost a full year of operation and we intend to do the same at the BB Centrum. Inventing and preparing menus for our customers is something we really enjoy,” he adds.

Fresh vegetables above all

The main ingredients here are mainly fresh vegetables, herbs, spices ...“Jean-Paul points out wild ginger, which is a typical Thai ingredient which we only very rarely meet elsewhere. However,

Thai cuisine does not avoid meat, its affair with fresh vegetables is balanced - for 300 g of food the typical proportion is 150 g of meat and 150 g of vegetables. In addition to regular stores the restaurant receives fresh vegetables from local Vietnamese growers or purchases them in the Sapa market.

Almost naked daisies in pajamas

The strange, funny and poetic names of dishes on the menu are the domain of Jean-Paul. The appetizer “Almost

Naked“, which consists of fresh rolls of smoked salmon, avocado and dill is really like dressed undressed. This is because the ingredients are wrapped in a thin almost translucent „paper“. The romantic “Daisy in pajama“ alternates with “Chuck Norris” or “Paranoid Android“... Simply said, reading the menu is good fun.

We're still learning...

Wishes and customer satisfaction come first. With no problem at all we will also prepare the selected dishes in a vegetarian version, an international fusion or a purely Thai version if you're a fan of traditional Thai cuisine. “We are still learning, we are finding out what our customers want,” says Tingting Shan, “and we are trying to please them as much as possible. We are grateful for any feedback“ ▲▲

TIP for those in a hurry:

The new concept on the local market “grab and go”, is tailored to those who really do not have time to waste. Unlike take-away, you don't even have to wait until your food is prepared. Fresh food is prepared and packed in boxes for taking away either in the refrigerator or heater, depending on what kind it is.

Kiindi Thai Restaurant
Building G
Hours:
Mon-Fri 11.00 a.m. –11.00 p.m.
Sat-Sun 5.00 p.m. –11.00 p.m.
+420 721 588 888
www.kiin.cz

Men dressed impeccably: How to wear a man's suit properly

Men's business clothing has undergone a major transformation in the Czech Republic in recent years. Czech men today have refined taste and know how to dress appropriately, tastefully and attractively, similar to the French in this area. How to choose suits and what to avoid?

Interest in tailor-made suits is also growing, which in many cases is a better solution than a suit that may not fit perfectly. This is the basis for the selection of the right suit - the cut must fit. If a man has noticeably slimmed down or gained weight, it is a reason for buying a new suit or at the very least, modifying the old suit. It is important that the jacket fits across the chest (sleeves can be customized). How to choose the right length? When you have the suit on with your arms along the body, it should end roughly at your thumbs. The sleeves must be about an inch shorter than the shirt sleeves (those should end just below the wrist). As a matter of principle, the edges of the shirt should peep out from the suit, with cufflinks if desired.

Many men often make mistakes with buttoning the jacket. All of the buttons should never be fastened, the bottom one is left open! If you have two buttons, only button the top one. Taller men can have three buttons and again just button the top two.

Today, narrower jackets are in fashion (i.e. slim) shorter than before and often fitted. Consult the cut with somebody as something different fits each build. "Choosing a suit is always based on the typology of the man and his build, according to which we choose not only the colors, patterns, cut, but also the width of the lapels, shape of the pockets, etc. Another parameter is the occasion for which the given suit is being chosen, and the seasons, according to which we choose a light summer suit or a darker winter one," says Ing. Lucie Pavlíková, manager of the luxury men's tailoring store Louis Purple, whose concept came to us from France and who have a branch in Prague at BB Centrum in the FILADELFIE Building.

Similarly variable is the cut of the pants. Slim cuts are becoming increasingly popular in younger men. What is important however is the length - when you stand barefoot the pant legs should end just above the ground. With shoes the pant legs should reach just above the heel.

Colors and patterns are now being given more freedom, but still according to the label it applies that the classic colors suitable for more formal occasions are black, all shades of gray and dark blue. Light colored suits are suitable business clothing only during the day, with 7 pm being given as the time limit. Similar rules apply to the pattern.



Stripes, cubes and other patterns are possible during the day at work, while for evening a more inconspicuous pattern is more suitable. Needless to say, the patterns and colors of suits, shirt and ties must complement each other. "You won't go wrong if you have a shirt properly chosen in a more pronounced color so that the suit is nicely animated, but not overpowered. It is necessary to create a complete, perfect overall impression," says a specialist from Louis Purple. This also applies to shirts (even if it is not seen too well under the jacket)

that they must fit well - the last button at the neck must be fastened and the chest and abdomen must not gape out.

Necessary suit accessories

Ties, shoes, belts - essential parts of the suit. A suit without a belt is considered a faux pas. The belt, best is from leather, should have the same color as the shoes and only an unobtrusive buckle. Shoes for suits must have laces. Their color is freer today - while mostly black shoes are worn in high society and business at a high level, for daily business suits various shades of brown can also be worn. Only shoes of

How to decipher the dress code

If it is an invitation:

formal dress - wear a dark suit, it can also be shiny

black tie - involves smoking, which includes black bow ties

white tie - means an event of the highest social prestige and a tailcoat with a white bow tie is needed"

For events, held after 7 pm the jacket should have only one slit, while for daily business clothing it may be two. If your employer allows so-called "Casual Fridays" during Friday's you can enjoy a little relaxation in dress - you can wear jeans with your jacket (single color, darker), you can leave the tie at home. This provides a very playful outfit and you can express your personal style and creativity.

a similar color can be worn with light brown or beige suits.

What you can happily play around with a bit are socks. Colored socks are an interesting recent trend in men's clothing. If you have the courage and love to experiment, you can select socks in the same color as your tie.

Ties in all forms

Most men learned to tie a tie before their first visit to a dance and it's really a shame if they still tie that first knot they learned today. Just as today narrow tie knots are popular, different types of knots are popular as well. The French author David Masconi published a book entitled 188 Façons de nouer sa Cravatte in which 188 ways of tying tie knots are shown! You should be able to tie at least two knots - one smaller one for shirts with a closed type of collar and a wider one for so-called shark collars. The shirt collar, of course, is based on the type of face. Any perfectly tied knot however, can be spoiled by the wrong tie length. That must be (really must) end at the belt buckle. Shorter or longer is inadmissible. Then remember the golden rule of three: a man should have a maximum of three different colors on him at one time (which does not count black and white). Tie clips are now considered passé.

The total outfit can be fine-tuned with a handkerchief in its lapel, but it should never have exactly the same pattern

and color as the tie - it should only have some of its colors. "Never buy a tie and handkerchief in a set where the pattern, color and material are identical. Unfortunately, in stores and on internet portals they are still popping up," says Lucie Pavlíková.

Fashion tip: Bow tie for smart casual

A bowtie does not have to just be part of a black suit or tuxedo, but can be a trendy fashion accessory that can go well with jeans and a shirt without a jacket or a sweater. Feel free to put one on any time when the prescribed dress code is "smart casual". You can combine it with different colors and patterns, bow ties aren't just for white shirts, but can also be worn with checkered ones. World brands have a great number of interesting bow ties suitable for any occasion, besides silk and cotton, leather and last but not least, excellent looking wood ones have also emerged. Trendy suspenders can similarly diversify your style. ▲ ▲



LOUIS PURPLE

Louis Purple

FILADELFIE Building

Hours:

Mon-Fri 9.00 a.m.-6.00 p.m.

www.louispurple.cz

We asked Lucie Pavlíková from Louis Purple:

Which material is suitable for a suit?

The sign of a quality suit is material made of 100% wool or different blends, not synthetic but silk (the suit gets a nice, natural gloss) or mohair (prevents excessive creasing). Suits from such a material can be taken on the road and will still hold their shape without significant signs of creasing. The lining from viscose or silk must also be chosen properly. The main reason to choose natural materials is permeability. You will feel great in a wool suit all day, even on significantly warmer days, while you will not last for a long time in synthetic suits. You will sweat and you will not feel pleasant, comfortable or confident.

Are vests still worn?

Vests are worn, but business fashion is becoming more casual and in classic daily business they are not too attractive. But more often they are chosen as a separate piece with casual pants in a different color or material without a jacket, where a vest creates a kind of fashionable, playful and interesting element to an outfit. Of course, if we really want a high business style, it is always recommended to wear a vest under the jacket.

✓ Right



✗ Wrong



A new era of comfort in contact lenses

Each person winks about 14 000 times per day, which means that the eye lids move over the front of the cornea (or contact lens) about once every 6 seconds. If you wear contact lenses, you may find that at the end of the day it is difficult to tolerate your lenses and your eyes are tired. The solution is the new DAILIES TOTAL1® contact lenses, which are made of a material with a variable content of water. They are designed so that the water content varies from 33% in the core to more than 80% on the surface, where the water content is nearly the same as the cornea. This makes the lens surface slick, softer and moister for the eye. The silicon used ensures a high permeability for oxygen, which keeps the eyes healthy and fresh. This unique design provides a high lubricity to DAILIES TOTAL1® contact lenses and also their exceptional breathability. The lubricity (slipperiness) helps to minimize friction between the contact lens and the soft tissues of the eye. Thanks to these features and the silky smooth surface of the lens you almost won't feel them in the eye.

You can put them on directly at the optician's! ▲▲



Novus Optik

Brumlovka Building
Hours:
Mon-Fri 9.00 a.m.-7.00 p.m.
Sat 9.00 a.m.-4.00 p.m.
+420 605 858 859



Baby Office Kids Club at Brumlovka

Baby Office opened its second branch in BB Centrum in Prague at the Brumlovka Building for active parents who are busy with work or other activities and need someone to watch their kids. The Kids Club offers short-term babysitting from 18 months, with the possibility of irregular attendance. Advance booking is required for children under the age of three, for older children a reservation is recommended. For children there is an interesting thematic program and for regular visitors a comprehensive methodical plan guided by the principles of Montessori pedagogy, which is based on the belief that the child must have freedom,

which can be achieved through order and self-discipline.

The Baby Office team is looking forward to your visit! ▲▲

Price list

Babysitting of children from 3 years
Price for members of Balance Club Brumlovka 180 CZK / 3 hour block
Price for non-members 100 CZK / hour

Babysitting from 18 months

Price for members of Balance Club Brumlovka 300 CZK / 3 hour block
Price for non-members 150 CZK / hour



Baby Office

Brumlovka Building
Hours: Mon-Fri 8.30 a.m.-6.00 p.m.
(lunch break 12.30 p.m. -2.00 p.m.)
+420 234 749 807
www.balanceclub.babyoffice.cz

Grosseto in smartphones



The popular Pizzeria Grosseto has prepared a new mobile application not only for its customers. It is available for all iOS and Android platforms. The application contains all the information about locations, including contacts with the possibility of online booking of tables in popular Grosseto locations. You will find a complete menu there plus all new items and updates. It also includes food reviews, a park-assistant function for finding parked cars and free games for kids. All news and special offers will be regularly sent to the smartphone display via push messages. The application is free for downloading. ▲▲



Ristorante Pizzeria Grosseto

Brumlovka Building
Hours:
Mon-Fri 11.00 a.m. -11.00 p.m.
Sat, Sun 12.00 p.m. -10.00 p.m.
www.grosseto.cz



Traveling with U Account

Autumn is knocking on the door, but many people have planned their vacation for this season, which is ideal for wandering or exploring cities and the beauty of nature.

If you also plan to travel, take advantage of the UniCredit Bank account called U account. It is appreciated by active people who live to the fullest and are often on the move. With this account it is FREE to withdraw cash at any time and anywhere without restriction. From the ATMs of your own bank as well as any other, at home and abroad. A debit card is a practical thing, but most of us are just glad to have at least a few hundred crowns in their wallet, even abroad in the local currency. ▲▲



UniCredit Bank

FILADELFIE Building
Hours:
Mon, Tue, Thu 8.30 a.m.-5.00 p.m.
Wed 8.30 a.m.-6.00 p.m.
Fri 8.30 a.m.-2.00 p.m.
infoline: 800 144 441
www.unicreditbank.cz

Modern stomatology at Santé

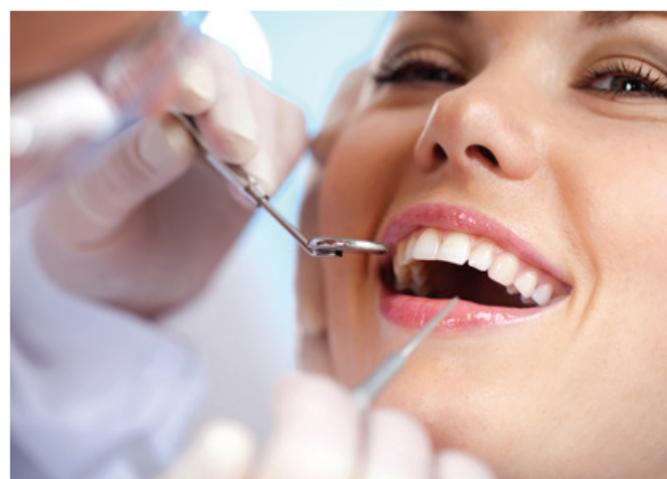
The methods of dental medicine have been under continuous development, broadening the possibilities of complex care of your teeth. Controlled tissue regeneration, CT navigated implantology, 3D root fillings, microscopic endodontology and CAD/CAM milled ceramics. Hardly anybody associates these terms with stomatology; however, these modern technologies help dentists to offer not only painless but also fast and durable solutions that also meet the highest esthetical requirements. In recent years, in particular, intensive work has been done on the development of systems that would interconnect teeth replacement by means of implants with almost immediate production of all-ceramic crowns and bridges.

Health, prevention but also beauty, these are the objectives on which current stomatology is focused at Santé led by Jan Havlíček, MD, head dentist. ▲▲



Santé

Villas
Hours:
Mon-Fri 7.00 a.m. - 8.00 p.m.
www.sante.cz



GolfProfi - Fashion hits not only from Golfino

GolfProfi is the pioneer of a series of exclusive clothing brands on the Czech market which is also true for Golfino, which has been building its success on a combination of design and functionality for 26 years.

GolfProfi guarantees that in their shop you can find a collection of a Golfino collection in all sizes. In the event that any item of clothing is sold out, the system sends information to the central warehouse in Europe and the just sold out piece in the given size is immediately sent and again displayed in the shop within a few days. ▲▲



GolfProfi Store Praha

Building G
Hours:
Mon-Sun 9.00 a.m.-7.00 p.m.
www.golfprofi.cz





Yoga: for health and peace of mind

In addition to exercise, yoga is also an entire lifestyle in which all aspects begin to place themselves in mutual harmony. Yoga is a conscious development and learning how to grow through an evolution process.

The word yoga comes from one of the oldest languages of the world – Sanskrit. The root “yuj” means to connect, join, unite and become one. In the right sense of the word, yoga means absolute communion without any differentiation.

Yogic consciousness

There is nothing like the correct time when to let yoga enter your life. As Jitka Brůnová, a yoga instructor from Balance Club Brumlovka, says: “You simply take up yoga at the most suitable moment of your evolution path.”

In yoga, your mind, emotions and body work harmoniously with your actual self. Yoga is a science of a complex human being, and a large number of its practices may be measured by the current scientific methods. As a science of mind, it offers a safe method of concentration and meditation so it makes it possible to discover and use the strength of mind.

It participates in the control of mind as well as the control and regulation of emotions and body. This integrated process is called yoga consciousness.

Yoga as medicine

Regular yoga exercises also have a beneficial effect on your organism. It strengthens and shapes muscles, improves fitness and revives your body in general. For example, you realize such routine and automatic activity as breathing gradually deepens and your body is better supplied with oxygen, which supports metabolism, in particular. Yoga exercises have a stimulating effect on internal organs, glands and nerves. When carrying out sequences of individual postures (asanas), opposed move-

ments take turns and help to start your lymphatic system and promote blood circulation in internal organs. Dynamic sets of asanas constitute a beneficial cardiovascular load and strengthen your heart and lungs.

What to pay attention to

You only need a mat and comfortable clothes (and a bit of will) for yoga exercises; however, a few incorrect movements or habits is enough to do more harm than good.

Do not think. Concentrate

Have I sent the presentation in time? How to ask my boss for a pay rise? If you allow your mind to attack you with questions like that during yoga exercises, you deprive yourself of the real experience. Concentrate only on your body and breathing.

Do not go too far and do not compare yourself with others

When practicing yoga, you do not necessarily have to squeeze maximum from your muscles. Listen to your body, do not for-

Glossary of basic terms

Asana
comfortable body posture

Ashtanga
yoga practice that combines breathing exercises and 8 degrees of astanga (yama, nyama, asana, pranayama, dharana, dhyana and samadhi)

Mantra
syllable, word or phrase the meaning of which uplifts and modifies consciousness, calms down mind and helps to concentrate

Namaste
Indian greeting, traditionally with palms pressed together as if saying a prayer, which is translated as “I can see your divine spark in you”

Om, Ohm
one of the basic mantras, it expresses an intuitive basis of reality, harmonizes soul, body and mind

Pranayama
breath control (life energies, i.e. prans), it is focused on breath and control of vital forces (prans) in the air we inhale

Surya namaskar
Sun salutation, a sequence of body postures, individual consecutive steps carried out at a slow pace

ce yourself into anything unpleasant for you. Do not compare whether you reach as far as the person who exercises on a mat next to you. Each body is different and becomes more flexible and supple in the course of time.

Ask questions.

If you are not clear about something, do not hesitate to ask questions. The instructor of the lesson you have paid for is to make everything clear to you. Do not be afraid to say at the beginning of a lesson that you have never exercised yoga before or that you have a health problem. A proper instructor should ask you about such matters at the beginning of a lesson so that he/she does not lead to you to postures that are not suitable for you.



Do not run away from final relaxation. Calming down at the end of a lesson is an important part of each yoga practice. It slows down your heartbeat, helps you to realize the completed lesson and ends the whole exercise in a way. And the main thing is that it gently prepares you for jumping back into your everyday life.

Choice of options

If you are thinking about trying yoga, you may be surprised to encounter a large number of various types when selecting a course. Individual styles differ one from another in physical demands and focus.

Balance Club Brumlovka recommends:

Hatha yoga
Ideal exercise for those who want to stretch their body, calm down their mind and “switch off” a little. A lesson includes asanas, breathing exercises (pranayama) and meditation. The main benefit is an improvement of physical and mental health.

Vinyasa flow yoga
A dynamic yoga style. It coordinates and interconnects individual asanas with the rhythm of breath that determines the pace of exercises. It is

a physically more demanding form of exercise that is suitable for intermediate yogis who are familiar with asanas setting.

Naam yoga
A complex yoga practice that works with sounds, movements and breaths to renew a flow of life energy throughout the body. A soft form of an active lesson that combines physical exercises (individual postures – asanas), breathing techniques (pranayama), meditations with mudras (hand symbols) and mantras, and works on the whole body in a complex manner.

Power yoga
It was introduced in the 1990s in the USA in an effort to bring yoga closer to common Americans. It uses asanas in a system of sets. The sets take turns dynamically to strengthen and stretch the whole body. It is more physically demanding and helps to lose and maintain weight.



Balance Club Brumlovka
Brumlovka Building
Hours: Mon-Fri 6.30 a.m.-11.00 p.m.
Sat, Sun (holidays) 8.00 a.m.-10.00 p.m.
www.balanceclub.cz

Jitka Brůnová – questions and answers

Jitka Brůnová has been a yoga instructor in Balance Club Brumlovka for seven years now. You can meet her at lessons of naam yoga, power yoga and gravid yoga.

Do you have to have a sufficiently flexible body to be able to take up yoga?

Not at all. Most people decide to do yoga because they want to improve the flexibility of their body.

Can I exercise yoga after an injury?

It depends on the extent of your injury. However, it is generally possible. At the beginning it is important to select e.g. therapeutic yoga or I can recommend naam yoga that is mostly (80%) focused on breath and breathing exercises that can relieve blocks in the spine as well as pains of joints, restoring natural body function. However, you should consult your physician first

and inform your yoga instructor about the injury.

How often should I practise yoga to ensure maximum efficiency of the exercise?

At the beginning I recommend that you exercise once or twice a week so that yoga becomes a part of your weekly schedule. If your initial enthusiasm does not wane and you begin to feel effects brought about by yoga, you may increase the frequency of yoga lessons.

Can I practise yoga while I am trying to get pregnant / I am pregnant?

If you are planning pregnancy, I definitely recommend practising yoga! During pregnancy it is very important for a woman to calm down. She should minimize staying in a stressful environment and should surround herself with nice things. During pregnancy



you can practise pregnancy yoga where the lessons are adjusted to pregnant women.

What should I wear for yoga exercises?

Wear tactile and comfortable clothes that are not too tight or annoying during exercises. I do not recommend exercising in too loose clothes so that you do not have to groom yourself when changing postures and can fully focus on proper execution of exercises.

Raw food is a lifestyle. It's not a diet, it's not asceticism.

Is the transition to raw food complex, expensive and unnatural? Jitka Adamová, vegan food pioneer and founder of the concept Raw for life will convince you otherwise. She says about herself that she was born with an inclination toward a raw diet. Even as a child she nibbled away at her garden and dutifully steered clear of sirloin. For her the transition to raw food was actually a return to nature. Her delicacies can be sampled at the Saturday farmer's market on Náplavce. Soon it will be possible to buy her cookbook *Cooking without fire - living food* as a spiritual dimension with recipes for raw food. Her dream is to run courses on raw food in Bali, the cradle of raw food. For now she's informing the public about the raw food lifestyle from the bank of the Vltava River in Prague.

Who are vegetarians?

Vitarianism in the most common meaning is the Czech name for the eating style "raw vegan" or raw vegan food, a diet without heating up food. It is based on raw fruits, raw vegetables, nuts, seeds and sprouts and virgin (i.e., cold pressed) olive oil. Legumes are eaten raw, soaked and sprouted, but they are not digestible for everyone in this form. Meat, milk, dairy products (cheese, kefir, etc.), all cereals (including rice and whole grain cereals), normally processed honey, refined sugars and all other conventionally processed foods are excluded from the diet.

Frutarianism - a step further...

A higher degree of "raw vegan" food is frutarianism, which consists of giving up such foods that would cause harm to other living beings - animals and plants. Usually, root and leafy vegetables are removed from the diet. The basis of all dishes then is fruiting vegetables (peppers, tomato, cucumber), fruiting fruit, nuts and seeds. Some frutarians even eat only fruits which have fallen to the ground.

A return to the raw roots

Raw Foodists point out that man is the only creature on the planet that thermally treats their food, and for a relatively short time given how long they have been on the Earth. Originally, man was a herbivore that did not cook anything before the discovery of fire. Raw food is thus a return to the original, natural diet, which was designed for our body.

Why it is good...

Heat treatment which exceeds 42 ° C, not only degrades food and causes it to lose important enzymes that are important for digestion, but it also becomes addictive.

When preparing and eating raw plant foods, no abnormal changes occur. The body is able to recognize, process and seamlessly excrete this food. A raw vegetable diet is full of enzymes, which are the carriers of life in a living body and whose task is to analyze and compose individual components of living matter.

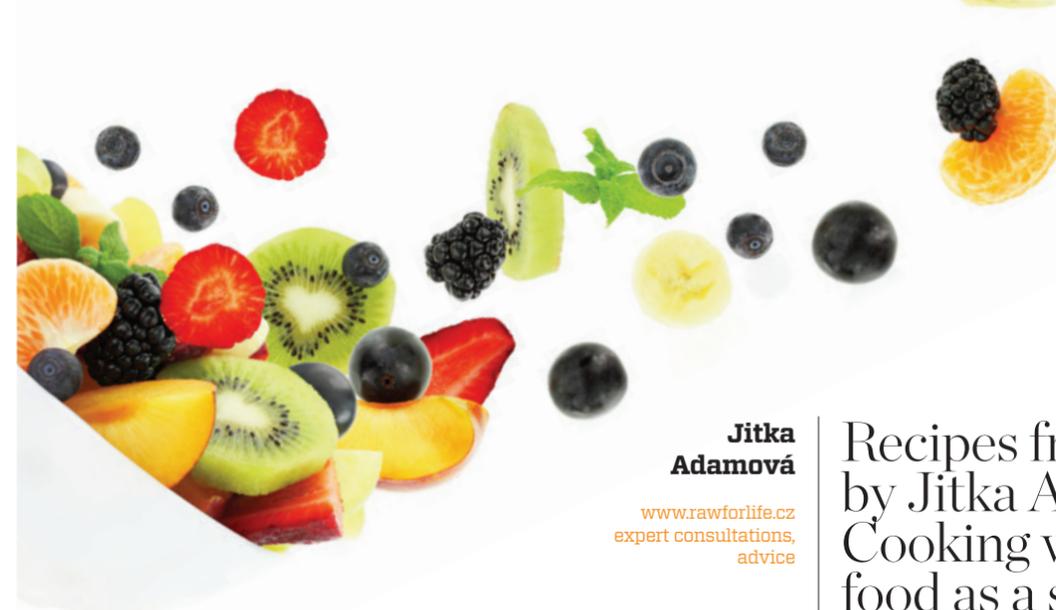
There are such fanatics who have warm tea once in a while and are then depressed for the next week. I do not see a problem when someone has some hot soup in the winter, because they feel that their body needs it. The main thing is not to be stressed, says Jitka Adamová.

Without an oven? How to do it?

Most raw foodist kitchens are equipped with a juicer for fruit, vegetables and herbs, a powerful blender for blending, chopping and mixing both dry and liquid ingredients and mainly for the preparation of smoothies, as well as a food dryer or dehydrator that takes over the function of an oven in a kitchen. A high-volume food processor is used in the manufacture of nut butters and "living" dough for the preparation of living bread and desserts. A useful helper is also a spiralizer "spaghetti maker", which enables the production of noodles or spaghetti from fruits and vegetables.

The menu doesn't lack diversity

Eating vitarian meals doesn't mean limiting the diet just to raw fruit and vegetables and the juice squeezed from them. Surprisingly, vitarrians enjoy bread and butter, pizza, pancakes, granola bars, crackers, chips, soups, spaghetti, as well as creams, sauces and desserts just



Jitka Adamová

www.rawforlife.cz
expert consultations,
advice

Recipes from the cookbook by Jitka Adamová *Cooking without fire - living food as a spiritual dimension*

like we do. With the only substantial difference being that their food is not cooked. For example, the basis of "living" dough for bread, crackers and desserts can be made from milled or mashed seeds and nuts, which when mixed with other ingredients to taste are dried at a temperature up to 42 ° C for several hours. Desserts can also be prepared from unroasted cocoa beans.

A deficiency of vitamin B12?

If the diet is balanced, the much-discussed problem with vitamin B12 does not occur. Apart from animal sources, it contains for example broccoli, poppy seeds, nuts, fermented vegetables - pickles, sauerkraut, little washed organic vegetables, wheat germ, chlorella algae, seaweed and mainly wild herbs - nettle, clover, dandelion, Chinese angelica, burdock ... Some early signs of vitamin B12 deficiency include numbness in the limbs, impaired memory and balance. The condition may result in irreversible damage to the nerves or increase the risk of heart disease and stroke. If anyone is worried about it, they can have blood tests done. ▶▶

Besides the indisputable health and aesthetic benefits, which include for example weight loss, it also refines your tastes and gourmet experiences will deepen. When switching to raw food you will find that, for example, your need for salt is reduced. If you still miss salt, you can get a salty taste from a combination of garlic and lemon juice.

Recommendations from Jitka Adamová on how to begin: Listen to your body



It is ideal to begin the change in the summer, when there is plenty of fresh fruits and vegetables. Today we already have the opportunity to buy quality materials on the market or through the crate system. To begin with you can make do with an ordinary quality mixer. If you find that this is really the direction you want to take, you can continue to add to your equipment. Start with fruit and vegetable juices and mixed fruit and vegetable smoothies that will fill you up the whole day. Drink plenty of water and enjoy green foods like chlorella and barley green. Gradually start introducing other foods, in the autumn perhaps mush, fermented vegetables, etc.. In winter, heat up with spices - ginger, chili, curcuma To begin with there may (but need not be) problems with digestion or eczema, but these are all symptoms of detoxification, which will disappear in time. It is important to listen to your own body.



Gazpacho - Spanish soup

Ingredients:

5 ripe tomatoes, small cucumber, 1 green pepper, 2 cloves of garlic, 2 tablespoons of olive, salt, fresh pepper to taste

Procedure: Blend the tomatoes with cucumber, pepper and garlic. Add the olive oil, mix, add salt and pepper.

Jitka Adamová tip:

Instead of cucumber I used a young zucchini and the soup was just as good. Garnish the soup with diced cucumber and pepper.



Bittersweet chocolate cream with pomegranate

Ingredients:

2 ripe bananas, 1/2 cup of cocoa or carob powder, 2 tbsp grated coconut, 1 tsp vanilla extract, 1/2 pomegranate

Procedure: Blend all of the ingredients except the pomegranate in a blender until it forms a smooth mass. Divide the cream into two glasses. Remove the seeds from the pomegranate and decorate the chocolate with it.

Jitka Adamová tip:

If you like it very sweet, add a tablespoon of honey to the cream or agave. And if there is no pomegranate, garnish with fresh fruit as desired.



Freshly ground coffee in Fruitissimo!

As a NOVELTY, Fruitissimo offers freshly ground coffee prepared with a smile, love and fruit view of the world at which it looks through Fruitissimo fruit spectacles. Delicious coffee and the effects of caffeine, in particular, in a reasonable dose amounting to approximately 300 mg a day stimulate and boost organism performance. This dose corresponds to about four cups of espresso.

Fruitissimo is the fruitiest bar in your surroundings. You can find one in more than 30 locations in the Czech Republic, and the network has been growing day after day. Despite the Italian-style name it is a solely Czech company. Here you can enjoy fresh juices and fruit cocktails, homemade ice-cream scoops, cakes baked with love and, as a NOVELTY, a fresh ground coffee.

Do not forget that coffee is also (made of) fruit! ▶▶

Fruitissimo.

Fruitissimo Fresh bar

FILADELFIE Building
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Mon-Fri 8.00 a.m.-6.00 p.m.
www.fruitissimo.cz

Have a pear cocktail or fresh soup daily!



Have you heard? Ugo bars are literally inundated with the sweetest pears! Due to its juiciness and sweetness this autumn fruit is perfectly suited for drinks, where it creates an almost addictive combination. The substances contained in pears have a diuretic effect, enabling a faster cleaning of the organism. The small grains in the flesh of pears also help cleanse the inner digestive tract. Try a combination of fragrant pears, pineapple and lime! Besides pear cocktails it is now also possible to have great homemade soup in Ugobars as well! So come on by! ▶▶



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www.ugo.cz



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Wines from the Tuscany vineyards ANTINORI right in Sommellerie



The architecture of Antinori winery in Tuscany

During its long history the family has been personally involved in the management and the improvement of the production process, which was sometimes described as a bold step forward, but with an emphasis on perfection, as well as the latest trends. Evidence of the modern thinking of Marchese Piero Antinori is the construction of a modern architectural gem in the middle of the vineyards, where you will find a museum and an interesting collection of art next to the wine cellars. Thus a new stage of the modern history of ANTI-NORI NEL CHIANTI CLASSICO. ▶▶



Sommellerie

FILADELFIE Building
Hours:
Mon-Fri 7.30 a.m.-7.00 p.m.
+420 604 210 157

"In the spirit of our philosophy, SOMMELLERIE has worked with the Antinori winery for a long time, so again and again each year we look forward to what new items they will come up with for us. A selection of the most interesting products can be found in our wine shop in the FILADELFIE Building," says the co-owner and main sommelier Libor Kumsta. ANTINORI own some of the finest vineyards around the world, wine lovers choose from Tuscan for example Tignanello, great barriaged at least 12 months in barrel and 12 months in bottle or Chianti Classico DCG Riserva 2011 - Marchese Antinori.

The Antinori family, who have been making wine for over 600 years, value respect for tradition, passion and instinct on the one hand, and courage and innovation on the other.

Cooking courses at Maranatha



On the basis of positive comments from an internal poll the vegetarian restaurant Maranatha is preparing autumn cooking classes in October 2014 in which candidates will learn to prepare some of the guests' favorite foods. Course participants will not only get to

eat the prepared food themselves, but will also receive a cooking apron with the logo of the restaurant as a souvenir, among other things. For those who would like to prepare some meals at home alone, the restaurant is preparing the 1st edition of a cookbook with recipes of the most popular dishes early next year. For more information follow www.restauracemaranatha.cz. ▶▶



Restaurace Maranatha

Brumlovka Building
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Culture tips

Film



From the movie 17 girls

What? French Film Festival

When? 20-26 November 2014

Where? Prague, Brno and České Budějovice

The programme of the 17th annual festival offers not only films that have collected the most prestigious awards in the world but also short films of talented starting artists as well as documents. Every year the programme includes pre-premieres of new films that are subsequently presented by distributors in Czech cinemas. The festival takes place in Prague, Brno and České Budějovice. In Prague, the films can be seen in the cinemas Světozor (Vodičkova 41), Lucerna (Vodičkova 36) and Kino 35 - Institut français de Prague (Štěpánská 35).

For more information see www.festivalff.cz



Marine Vacth in the movie Only 17

Theatre



What? Leni

When? Premiere on 23 October 2014

Where? Divadlo v Řeznické, Řeznická 17, Prague 1

Direction and stage setting: Viktor Polesný

Cast: Vilma Cibulková, Dana Syslová, Martin Preiss, Ondřej Kavan

The original Slovak play Leni of the by authors Valerie Schulcová and Roman Olekšák depicts a fictitious meeting of two real persons, namely the legendary host Johnny Carson whose "The Tonight Show Starring Johnny Carson" ranked among the most popular American talk shows for thirty years, and the controversial Leni Riefenstahl, the "court director" of Adolf Hitler. Johnny reveals Leni's personal attitudes to fascism and holocaust. What is the author's responsibility for their work? Where is the boundary between serving an ideology, active participation in building a regime and artistic work? An untypical life story of Berta Helene Amalie "Leni" Riefenstahl, a German director, photographer, dancer and actress, one of the best film-makers in the world who became famous due to films at the order of the Third Reich.

For more information see www.reznicka.cz

Book



What? South of the Border, West of the Sun, Haruki Murakami, published by Odeon

When? Published on 1 October 2014

A love triangle in the midst of which we firstly follow the story of a boy called Hajime, suffering from being an only child, later an adult who marries a girl from a wealthy family and has two children. Hajime meets a childhood sweetheart again, the mysterious Shimamoto, who turns his life upside down. On an unreal, mystical night which descends into madness we probably anticipate the answer to the question what happens: with us or with the character in the book? This is the work of the most prominent contemporary Japanese writer in which the author "operates" to the point of obsession with his innermost burning themes.

Event

What? Jesus - Your Hope - lectures

Where? Bethany Community Centre, Za Brumlovkou 4, Prague 4

When? 5 October - 9 November 2014, always from Sunday to Thursday from 6.30 p.m.

The Congregation of the Seventh-day Adventist Church is organising a further regular series of lectures entitled "Jesus - Your Hope". The main lecturer of the evening cycle of lectures is Radim Passer. The lectures, life stories and health blog is accompanied by the screening of animated biblical stories for children.

For more information see www.tvanadeje.cz

5. 10. - 9. 11. 2014 on-line broadcast

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Organized by Seventh Day Adventist Church Bethany

Music



What? International Jazz Festival Prague

When? 17 October - 6 November 2014

Where? Reduta Jazz Club, Národní 20, Prague 1

Reduta, the most famous jazz club in Prague, is going to hold the 36th annual International Jazz Festival. In the course of three weeks this Prague musical centre will provide extraordinary musical experiences involving various jazz styles.

While in the past the organizers used to focus particularly on traditional jazz interpretations, the festival has recently attempted to present various versions and variants from all around the world.

A series of concerts will feature international artists winning many awards including Grammy, as well as the top artists of the Czech jazz scene.

For more information see www.redutajazzclub.cz

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ARE WE IN THE RIGHT?

"It was a beautiful morning, so my husband and I decided to go mushroom picking in the forest. After many years we returned to our favorite place, parked the car on the old road by the forest and disappeared along a narrow path into the lush vegetation. In short, it was the same scenario as years ago. Well, almost the same. After returning from the forest, we discovered that someone had crashed into our parked car, probably with a truck and not a passenger car, judging by the damage to the car body at the level of the side columns. We had no idea what to do; this was not how we imagined our mushroom picking trip. After a moment of despair, I noticed fresh tracks in the soft ground. We followed them all the way to a nearby sawmill, where we ran into a trailer truck marked by the color of our car. After a while we also found its owner, who, however, did not want to own up to the whole issue. We handled the situation with police officers that we called as well as with the insurance company where our car was insured. But everything was taking incredibly long and there was no end in sight. Then our legal protection insurer intervened in the case and proved to everyone involved that the law, in this case, is on our side..." Radka and Vaclav

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