



RUNNING LESSONS IN BB CENTRUM

PUMA 

Beta Building

Regular Tuesday runs in the vicinity of BB Centrum

WHEN: regularly every Tuesday, from 5:30 pm to 6:30 pm

WHERE: the meeting is always at 5:20 pm at the reception of the
Beta building

Come after work to run for free in lessons led by runners and bloggers from **Running2.cz**. The running group will be divided into slower and faster runners, and at the same time, there will be fitness training, agility exercises, and help with the right running technique.

Plus, if you take part in ten runs, you get a Puma T-shirt!

Brumlovka Park

Outdoor yoga practice in Brumlovka Park and special lessons for seniors

WHEN: Outdoor yoga – every Thursday, from 7:00 am - 8:00 am

Yoga for seniors – every Wednesday, from 10:30 am to 11:30 am

WHERE: Brumlovka Park (Za Brumlovkou Street)

Those who prefer quieter activities instead of running can try outdoor yoga in Brumlovka Park. Come with us to **practice yoga for free under the guidance of the enthusiastic yoga instructors Daniela Bacíková and Šárka Furda**. Lessons are suitable for both beginners and advanced of all ages.

A special Wednesday lesson is reserved for seniors, which is focused on this age category. All you need is your own mat, water, and a good mood. Advance reservations are not required. There is no yoga practice during bad weather - all updates for a concrete lesson are always specified on the BB Centrum Facebook page.



OUTDOOR YOGA FOR SENIORS



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

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HIDDEN MESSAGES



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Alpha Building

Hidden Messages – an exhibition of paintings by Hana Skrbková

WHEN: daily until July 22, 2020

WHERE: Alpha Building, Vyskočilova 1461 / 2a

The central theme of Hana Skrbková's work is **the controversy over the value setting of today's hectic world**. The painter invokes challenges to a deeper perception of the details inside and around us, the connections and contexts with an emphasis on building interpersonal relationships and the harmony of the inner world as well as neglected values.

It is her desire that the paintings convey a ray of Light into the dark corners of the human soul and the hope of solutions for difficult situations in the complex and tangled reality of everyday life. Come and see her work in the Alpha building.



BBCENTRUM

Bethany Community Centre

Workshop: Carrying a baby in a shawl for the „First time and forever“

WHEN: Wednesday, July 1, from 5:00 pm to 7:00 pm

WHERE: Bethany Community Centre, Za Brumlovkou 1519/4

Admission: CZK 300 (partner entrance fee - partner CZK 100)

Are you expecting a baby or do you already have one in your arms? Would you like to carry your baby in a shawl or carrier, but you have some questions or doubts? You will learn how carrying your baby can help you, what the correct position of the baby in the shawl looks like, and in general, you will get the basic insight into the world of carrying your baby.

What to bring: shawls, yoga mats, a blanket, a snack, and comfortable clothes

About the instructor: Denisa Písaříková has been working as a baby carrying instructor (V bavlnce and Die Trageschule certificates) and a lactation consultant for the Lactation League since 2015.

The number of places is limited, seat reservations possible at the e-mail: marika.duchonova@passerinvest.cz



BB CENTRUM



WORKSHOP: CARRYING A BABY IN A SHAWL



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DISCO PARTY ON BRUMLOVKA NÁMĚSTÍ



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Brumlovka Square

Disco party in the style of the 80s & 90s on Brumlovka Náměstí

WHEN: Wednesday, July 8, from 5:00 pm to 10:00 pm

WHERE: Brumlovka Square

Come with us to kick off the summer and recollect your favourite hits. **Pull out your disco outfit stored at the bottom of the closet or just come and have fun with us!** An evening full of your favourite music on Brumlovka Náměstí will take place this time in a „retro” style. Stylish clothes welcome!

Wonderful refreshments will be prepared for you by Express Grill, Coffee Perk and Somellerie.



BBCENTRUM

Nové Roztyly

Nové Roztyly: Guided tours and children's day

WHEN: on Thursday, July 9, from 1:00 pm to 7:00 pm, the tours start at 3:00 pm and 5:30 pm

children's day takes place from 1:00 pm to 7:00 pm

WHERE: in Nové Roztyly Park near the Nosál Hotel, tours always start in front of the Za Větrem Restaurant

In Nové Roztyly Park, a children's day full of fun activities and competitions will take place on Thursday, July 9, near the Nosál Hotel and the Za Větrem Restaurant in the western part of the park. Children can look forward to a **bouncy castle**, **face painting**, **disc golf** or even to the **popular cotton candy**.

For all those who are interested in the Roztyl locality, **guided tours** will take place at the same time, during which the Nové Roztyly project will be presented, including detailed information and the outlook for the future.



NOVÉ ROZTYLY



GUIDED TOURS AND CHILDREN'S DAY



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TRAVEL EVENING



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Filadelfie Building

Travel evening: Chernobyl yesterday and today

WHEN: Wednesday, July 15 from 5:30 pm

WHERE: Sommellerie, Filadelfie Building, Želetavská 1525/1, Prague 4

On April 26, 1986, at 1:23 a.m., one of the greatest nuclear disasters in human history took place in Ukraine. The fourth unit of the Chernobyl nuclear power plant exploded, sending kilograms of radioactive material into the atmosphere. 31 people died, hundreds were injured and tens of thousands were evacuated.

A thirty-kilometer zone around the power plant was closed for several years. Now life is returning to it, and people along with it. What does it look like in places where people fled in terror from nuclear radiation more than three decades ago? The talk will take you not only through the disaster itself but also through what remained after it.

Talk and screening by: Jiří Kalát



BB CENTRUM

Bethany Community Center

Workshop #breasttesticals

WHEN: Wednesday, July 29, from 5.30 pm workshop

WHERE: Bethany Community Center, Za Brumlovkou 1519/4

Admission: CZK 100 (Members of Balance Club Brumlovka and BB Centrum Club have free entry.)

We will teach you how to properly and regularly examine the breasts and testicles and detect any potential cancer in time. We will also touch on the prevention of cervical, skin and, colon cancer and remind you where and when to go for a preventive examination.

During the practical part of the workshop, participants will try out the correct self-examination technique on special models and also try to feel hidden lumps.

The number of places is limited, seat reservations possible by e-mail at: marika.duchonova@passerinvest.cz



Workshop #prsakoule





Filadelfie Building

JK Jitka Kudláčková presents a children's collection

In June, we celebrated Children's Day. We look at it as an opportunity to think back on the beautiful moments from life with our children and the opportunity to immerse ourselves in our own memories. We hold on to those beautiful moments from childhood for the rest of our lives and they always warm our hearts.

We have embodied these unique moments in a children's collection. We recalled a time when our children were young and we looked through their pictures. Until we decided to give life to their drawings. Teddy bears, cats and dogs, a ladybug or a smiling sun. These are some of the favourite motifs of the children's world, which you will find in our jewellery.

We are glad to welcome you again to our store in the Filadelfie building, where each customer has enough space to choose the right jewellery.



DĚTSKÁ KOLEKCE

Krásné momenty z dětství si uchováváme
po celý život a vždy nás zahřejí u srdce.

jk.cz

JK
JITKA KUDLÁČKOVÁ

JK
JITKA KUDLÁČKOVÁ

BB Centrum

Balance Club Brumlovka invites you to outdoor group lessons

Although Balance Club Brumlovka is reconstructing its premises, it is still looking for new possibilities and spaces for its members where it would be possible to practice together. Therefore, it has prepared outdoor group lessons for its members on the playground at Elijah Elementary School, where everyone can find what they are looking for. The full schedule of group lessons [is available for download HERE](#). The meeting is always at a given hour at the entrance to the playground at the [Elijah Elementary School](#).

Members of Balance Club Brumlovka have free entry, which they prove by showing their membership card. In case of bad weather, the exercise is not held. Please bring your own mats with you.

balance
club
BRUMLOVKA





Filadelfie Building

The Wine shop Sommellerie and the Flower shop Romantika: Gift sets

Get inspired by the wide range of gift set designs for everyday and special events in your life.

The Flower Shop Romantika and the Wine shop Sommellerie are preparing a wide range of gift sets to order in a non-traditional concept - combining the beauty of flower arrangements with delicacies, fine wine or, for example, Champagne in a luxury package. The design and content will adapt to your wishes or the nature of the event. We look forward to seeing you at the Filadelfie shopping mall, FB or IG.

Brumlovka Building

Coffee Perk is here for you!

After a long period of silence, the popular Coffee Perk is here for you in full force and with an extended offer. In addition to the breakfast menu, we will now offer you a new lunch menu every day. All meals can be enjoyed either directly in the café or outside in the garden during nice weather. With the new season came the expansion of the offer of awesome cocktails and during the summer you can look forward to a special tapas menu.

Of course, you can order all products to take with you or order catering directly to your office.

They are taking orders on the new telephone number 725 422 518 or our email info@coffeeperk.cz





Filadelfie Building

Express Grill invites you to an outdoor barbecue and garden

During the summer season and when the weather is nice, Express Grill has expanded its hot food distribution to include an outdoor area in front of the Filadelfie building. The menu includes organic beef burgers, slow-roast meats, vegetarian meats, and other seasonal delicacies - such as the popular Angelato ice cream.

Follow the daily menu on the website www.expressgrill.cz.

And if you like grilling at home, Express Grill offers you the opportunity to buy meats and cheeses prepared for home grilling - you can always find the current offer in the e-shop at www.roastgrill.cz.



Filadelfie Building

dm drug store: Your tanning specialist

Summer is already showing itself in full force and with it come so many beloved moments by the water and in the sun. However, always remember to carefully protect your skin.

They will advise you directly at dm drug store or at www.dm.cz/opalovani on how and which sunscreen is right for you.

dm
ZDE JSEM ČLOVĚKEM
ZDE NAKUPUJI

