

GROW A CHAMPION IN CYPRUS WITH ATLANT SWIMMING SCHOOL!

Our school understands how to work effectively with future athletes. Atlant School offers more than just swimming skills, including:

- 🏆 An individual approach to each child: teaching them to celebrate victories and courageously face challenges in pursuit of their goals.
- 🏊 Group classes that support physical fitness and foster teamwork skills.
- 🏆 Training sessions with sports masters.
- 📋 Tracking and documenting every child's achievement to further motivate them.

This year, our school invites you and your children to spend your summer holiday with us! We have designed a more exciting and enriching program for our Atlant students!

In our camps:

- 🏊 Children can explore various sports activities and discover their interests, including swimming, football, kids' fitness, relays, volleyball, and yoga.
- 🏆 Competitions where children can showcase their abilities both as part of a team and as individuals.
- 🏊 Opportunities for overall physical development.
- 🏊 A variety of water sports such as stand-up paddleboarding, wakesurfing, wakeboarding, sailing catamarans, and many other water-based activities.
- 🍽️ Focus on healthy eating: our chefs cook nutritious snacks.



WE OFFER TWO TYPES OF CAMPS FOR KIDS:

- Daytime local beach Camp at Saint Raphael — Crest Watersports.
- Residential Camp with overnight stays in Protaras and Troodos.



We are opening new horizons for your child. The Cyprus sun and water are the best allies in shaping future champions, and Atlant Swimming School will guide you on how to nurture a unique child!

Editor's Note



Cyprus is an incredible place for family life, offering opportunities for education, jobs, and business development. Embark on this journey with us, as we uplift each other! We prioritise the value of family that has been a cornerstone of our lives throughout the centuries.

WE WRITE ABOUT YOU!

Some people from big cities and capitals may have misconceptions about Cyprus lacking events, social activities, and clubs. Yet, we are here to showcase the vibrant social and exciting life in Cyprus.

WE WRITE FOR YOU!

Many of you are experts and professionals in various fields, eager to share your expertise and enhance the lives of others. We value insights and inspiration.

WE WRITE ALONGSIDE YOU.

Chief Editor
KATERYNA KANATOVA

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MozgoQuiz

MozgoQuiz is a game of questions and answers for people who love an interesting pastime, learning new things, making acquaintances, and having fun.

Do you want to immerse yourself in an atmosphere of celebration, fun, and erudition?

Join us!

MozgoQuiz games will be enjoyed by everyone, children or adults, regardless of age and interests! You can meet new people and strengthen connections with old friends here!

Start playing and have fun —
come to MozgoQuiz!

Olga Iarullina
Organiser of MozgoQuiz in Limassol, Pafos and Nicosia



MYSTERIES OF LIMASSOL

Is the Series about teenagers who delve into a world where secrets, passion, and the supernatural collide. Murder and the mysterious world of black magic surround them in our lovely city.

We're thrilled to announce the upcoming release of the first episode of a gripping new series "Mysteries of Limassol"!

When you gaze into our characters' eyes, don't be surprised if you feel a sense of familiarity - you're likely to bump into them in the streets of Limassol. Look out! The extraordinary is about to become your new ordinary.

Coming Soon!

BROZZLYWOOD



WINTER FASHION SHOW WONDERLAND

► BROLLYWOOD IS RENOWNED FOR CHARITY FASHION SHOWS MERGING FASHION AND AESTHETICS WITH RAISING FUNDS FOR CHARITY ORGANIZATIONS.

On January 14th, Kids Fashion Show took place in the amazing family resort Parklane, luxury hotel and spa.

BROLLYWOOD film academy models along with Nani_Sabrini models catwalked on the runway. The kids showcased the latest trends apparel of First Kids Boutique and glamorous ball gowns of the Ukrainian designer Nani-Sabrini. The Fashion Show was not an ordinary one because the kids raised the money for charity by selling raffle tickets. The total amount of €3,100 was raised and handed to the Hope for Children charity organization.

Thus, the kids models learnt generosity and virtue as well as developed confidence because we know fashion and style are not just about wearing clothes, they're about the confidence to wear them.



The guests enjoyed the cascading hot chocolate fountains, exquisite champagne and a resplendent photobooth that captured happiness in timeless frames.



NANI SABRINI
SPRING / SUMMER 2023

IN COLLABORATION
WITH A TOP PHOTOGRAPHER
VICTORIA SAVINA



Smart Swimwear



Protection from harmful sun rays.



An even and gentle tan covering the body without any trace from the swimsuit.



-  Dries up in minutes
-  Slows down the process of photo-aging
-  Made of quality breathable fabric
-  Even tan without stripes from swimwear
-  Maximum comfort
-  Safe and reliable sunscreen substitute



www.mysmartswimwear.com
SMART SWIMWEAR STORE, Georgiou 'A 85, Germasogeia 4048, Limassol



Danceland Studio

Danceland studio offers a variety of dance and fitness classes for kids and adults such as Ballet, Modern Dance and Basic Acrobatics for kids. Ballet, Contemporary, Pilates Mat & Props, Pilates Reformer and Stretching for adults.

Find more information on our website
www.dancelandcyprus.com

Book online your session via our DANCELAND app (iOS & Android)



Slim & Smart Studio

A modern fitness studio where every woman will find something to her liking. For new mothers, we offer post-birth recovery with a rehabilitation coach, and pole or aerial silks classes will be perfect for extreme sports lovers. Those who want to achieve splits can attend stretching classes. We offer Pilates, lymphatic drainage training, etc. for beginners in the world of sports who want to lose weight. Additionally, by purchasing a membership at our studio, you can combine different classes and try various fitness programs.

We look forward to seeing you at Slim & Smart Studio.



@SLIM_AND_SMART_CYPRUS

LILIA BEZSMERTNA

CERTIFIED FITNESS COACH
OWNER OF BEZSMERTNAUKRAINE



I am starting a diet on Monday. Tomorrow I'm going to the gym... Here, let me finish this piece of cake, and that's it. No more candy and cookies, no more junk food, no more...

Can I disappoint you and say that this is all self-deception?

You must follow the principles of a healthy lifestyle throughout your life and then SOMETIMES sin (indulge yourself), returning to the healthy mode immediately after cheating. Or be comfortable with who you are and don't lie to yourself; enjoy it!

The main principle of a healthy lifestyle is to be honest with yourself.

An example of mine:

- I'm in love with beautiful looking, delicious food and enjoy the feeling of a little hunger.
- I'm in love with different methods of training, mostly functional, running, and muscle mass building training. I rarely allow myself to do nothing.
- I work very hard, go to bed early, and wake up early.
- Every three months, I turn off my phone and travel to a new country.

However, these are the years of self-knowledge and decision making. During this period, a lot of lives united with mine. I met a lot of people who resonated with me.

I'll tell you more if you are interested.

What lifestyle changes must be made in order to live for 15-20 years longer and, most importantly, healthier?

- ✓ Sleeping for 7-8 hours a day.
- ✓ Eating 3-4 meals per day. Don't forget about the healthy plate rule, where 50% of the plate consists of vegetables, 25% of proteins, and 25% of carbohydrates.
- ✓ No processed sugar; consume more fresh and natural products.
- ✓ Drink water. The general norm is 30-40 ml per 1 kg of body weight.
- ✓ Stay physically active. 3 to 4 times, and sometimes more workouts per week in balance with the correct hormonal background and the correct emotional response to everything.
- ✓ Let your emotional experience be positive.
- ✓ Sex?... I say, "yes." Did you know that sex helps with headaches?

I'm addicted!

Why?

Firstly, all people are addicted to something. Secondly, it is better to become addicted to training and proper nutrition than to alcohol, drugs, and toxic people.

Right?

Or do you still enjoy negative influences? I'll see you later, then.

**I'll give you your first fitness dose, and then you'll spin on your own.
You will enjoy being the person of YOUR dreams.**

Next time, we'll talk about frequency, quantity, amplitude, etc., and I'm not just talking about fitness. See you!

AQUABUTTERFLY SWIMWEAR



On May 21st Aquabutterfly presented the Bali collection/ Summer 2023, on a sandy beach in Limassol. A cosy atmosphere, blankets, pillows and complimentary drinks made the event so cozy and special!

The young models of the dance studio Ilaria&Valeria and film studio BROllywood showcased the exquisite collection of Aquabutterfly in both catwalk and dance. The audience enjoyed the performance and the relaxed ambience immensely.

The owner of Aquabutterfly is Maria Papadopoulou, a pro-swimmer and 2-times Olympian, retired from chlorine but appeared again in the water, only this time with a bit of salt... And a board... And wings...



@AQUABUTTERFLY.CY

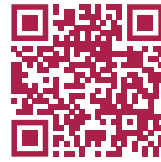


BEZSMERTNAUKRAINE



BEZSMERTNAUKRAINE

Sparta Club



AT THE MOMENT, THE CLUB IS SUCCESSFULLY DEVELOPING FOUR KINDS OF SPORTS:

- ✓ Rhythmic gymnastics
- ✓ Aesthetic gymnastics
- ✓ Sports and social dancing (IDO)
- ✓ Sambo

Our main principles in achieving results are:

- ★ preservation of the physical and psychological health of our students,
- ★ a respectful attitude among teachers, students, and parents,
- ★ instilling a true love for sports.



THE SPARTA CLUB IN CYPRUS IS ALMOST 10 YEARS OLD! The members of the club are the champions of Cyprus in rhythmic and aesthetic gymnastics, IDO DANCE in the Show Dance, Contemporary Dance, and Acrobatic Dance categories. We reach the highest step at the International Rhythmic Gymnastics Tournaments. For the second year in a row, the Sparta Club will defend the honor of the country at the World and European Championships in Show Dance and Contemporary Dance.

The coaches are only professional teachers in gymnastics, choreography, and sambo. We also

cooperate with massage therapists, physiotherapists, and psychologists because it is always easier to prevent or detect a problem in time than to undergo a long treatment and recovery later.

Our club features an atmosphere of friendship and devotion. Everyone becomes a part of a big family.

We offer over 10 diverse groups for children aged 2.5 to 16. We ensure that every member receives the attention and guidance they need to thrive!





One of the learnings that we can give to our children is the opportunity to better understand themselves by developing their strengths and recognising their inner potential. To help them purposefully navigate the path of life, being mindful that this is not a straight line highway but a mountain hike through mixed terrain. Engaging in sporting activities is one of the main tools to develop the skills our children need to support them through this challenge.

Olga Muravytska

miniHOUSE

SPORT COLLECTION 2023

FUETE Academy of Choreography



Anfisa Chernaya
Owner of Fuede Academy
Chief choreographer with extensive
experience in sports aerobics
and artistic gymnastics

ANFISA STARTED BALLET AT THE AGE OF 4 AND STUDIED AT THE CHOREOGRAPHIC SCHOOL UNDER THE GUIDANCE OF THE COACH ALEXANDRA MARKEEVA (WHO ALSO TAUGHT THE LEGENDARY DANCER ANDREY UVAROV). ANFISA IS A MOTHER OF THREE CHILDREN WHO ALSO ATTEND DANCE CLASSES.

Anfisa is an inspirer!
She brought changes to choreographic education in Cyprus using her unique teaching approach.

- ✓ Fuede is over five years in Cyprus!
- ✓ It is located in Limassol Marina.
- ✓ We teach both classical and contemporary choreography.
- ✓ It offers modern equipment for classes.

“Dance requires great internal discipline, which is why children who are seriously passionate about choreography stand out from the crowd with their gracefulness, wisdom in their gaze, and restraint.”

TARGET AUDIENCE OF THE ACADEMY

The Fuede Academy accepts children aged 3 to 13, even without prior preparation. Students attend classes twice a week, for 2 or 4 hours depending on their age group. During the training, children participate in various events and performances and also take exams to assess their progress.

The main philosophy of Fuede is to unlock the creative potential of each student through the joy of dancing, help them escape from studying and promote physical and psychological well-being.

“Dance is health and lifelong physical excellence. If a child engages in serious choreographic training until the age of 18, they will carry grace, flexibility, and self-confidence throughout their life.”

Students of the Fuede Academy impress with their progress in flexibility, dance skills, and charisma. Parents express their surprise and admiration for the development of their children.

Anfisa Chernaya emphasizes the importance of support and belief in the success of one's child. The academy fosters a friendly atmosphere where there is no place for competition, and students support each other. The teachers of the academy adhere to their unique approach based on their love for young people and dedication to their work.

THE DOORS OF FUETE ARE OPEN TO EVERYONE!

The academy is enrolling for the new academic year 2023-2024. Boys and girls aged 3 to 13 are invited!

@FUETECYPRUS ☎ +357 99258190



IF YOU WANT TO LEARN, DO IT WITH PLEASURE. IF YOU WANT TO DANCE, DO IT WITH FUETE!

VICTORIA OGORODNYK

CLINICAL NUTRITIONIST

OPEN A NEW CHAPTER IN YOUR LIFE BY ESTABLISHING THE RELATIONSHIP WITH YOUR FOOD AND BODY! FORGET ABOUT ENDLESS WORKOUTS AT THE GYM AND SPENDING HUGE SUMS OF MONEY ON EXPENSIVE PRODUCTS THAT DON'T PRODUCE THE RESULTS YOU WANT. WE KNOW YOU'VE BEEN LOOKING FOR EXACTLY WHAT CAN CHANGE YOUR LIFE.



We would like to introduce Victoria, an expert in healthy eating and lifestyle change. Her unique approach is based on the deep understanding of each client's individuality. She will help you understand your body, habits, lifestyle and offer a full range of services to help you achieve your desired results.

One of the key components of health and transformation is proper nutrition. We truly believe in the phrase "We are what we eat," and Victoria will help you change the way you think about food and get rid of many problems:

- ✓ Liver problems
- ✓ Kidney problems
- ✓ Gastrointestinal problems
- ✓ Swelling
- ✓ Joint problems
- ✓ Skin problems
- ✓ Diabetes

Finally, you can achieve harmony and comfort in your own body.

To be continued...

VO



Victoria also offers a wide range of professional cosmetics in her online store. She works with leading brands and is willing to share her knowledge and recommendations for hair and skin care. You deserve only the best, and Victoria will help you find a fresh and radiant look.

Don't miss the opportunity to change your life. Your body and soul deserve only the best.

ELENA GOPCHUK

FOUNDER OF WOMEN HEALTH
ONLINE STUDIO (gopchuk.com)
WOMEN&TEENS HEALTH CONSULTANT
SPEAKER AT INTERNATIONAL SCIENCE
CONFERENCES
ORGANISER OF SCIENCE&CULTURE PROJECTS
FOR ADULTS AND TEENAGERS IN CYPRUS,
GREECE, UKRAINE
AUTHOR OF PRO-TELO PROJECT
PHD, LIFESTYLE MEDICINE CONSULTANT
PRESENTER, MODEL, WRITER, COACH



FOR ADULTS ABOUT KIDS VS FOR KIDS ABOUT ADULTS

Remember your childhood. There were so many curious and strange things about what happens to our body, why it changes that much, and we all have so many differences. We wanted to talk, to ask a lot, but... we felt awkward.

Sexual education is not about sex, diseases or contraception, it is about harmony with your physiology, about knowledge of "your device" and "exploitation techniques". It is also about personal boundaries, about communication with peers and the ability to say, "no".

Alas, teenagers often say that their parents will probably be the last they would ask for help in a difficult situation. That is why, it is highly important to start a conversation in time. If it is hard for you, contact an expert.

The ProTelo (Eng. AboutBody) project offers meetings for kids of 5 to 15 years old about their growing up and related changes, about accepting themselves and taking care of their body. There are also meetings for parents where we discuss how to help their child become a happy and healthy man and woman.



BROUGHTUP

Join today and get a transformative journey towards personal and professional growth!

Follow us on social media:



www.broughtup.club

LevelUp Your Skills!



BROughtUP is an educational project dedicated to empowering individuals in their social and professional lives.



Experience our unique meet-ups designed to boost your personal and career development, and get to know other project participants staying for networking afterwards.



In our meetings, you will enhance your legal and financial literacy, learn how body language affects communication effectiveness, and reach a new level in your work and business.



Our speakers are highly qualified specialists in their respective fields who share their expertise with you.



Limassol,
Grigori Afxentiou 1st April corner, Mesa Geitonia 4003





Dasha YASHINA

PSYCHOTHERAPIST
LIFE COACH

HOW TO AVOID PROCRASTINATION

We often put things off such as starting to lose weight by summer or giving up sweets from Monday. Summer arrives, and we find ourselves unprepared for the season again. What is the reason behind this?

The name of this behavior is procrastination. A person postpones an important task, blames themselves and continues to delay it. Procrastination always leads to stress, just as stress can provoke procrastination. On the one hand, we understand the value of planned activities, on the other hand, there are thoughts: I do not feel good today, a lot of unread emails, there is still enough time. A psychologist can help you understand the cause of

procrastination. However, there is one technique you can use right now. Descartes' square can help you understand why you tend to procrastinate important tasks. For example, you want to work out at the gym, but you keep postponing your first visit. Write down the pros and cons.

When I'm procrastinating:

What are the good things I gain from putting off going to the gym?

— *I socialise, spend time with my kids, or study.*

What are the negative things I face if I keep postponing going to the gym?

— *My back hurts, I don't sleep well, and I don't achieve the body I desire.*

When I'm not procrastinating

What are the benefits I gain if I don't put off going to the gym?

— *Better health, more energy, and higher self-esteem.*

What will I miss out on if I don't put off going to the gym?

— *I will not have enough liveliness, and I will have nothing to praise myself for.*

Now, consider how much you gain by overcoming procrastination and try to take action.

Sasha BARIN

EVENT HOST
CONSULTING EXPERT
IN PUBLIC SPEAKING
PHD IN LAW



10 Most Common Mistakes in Public Speaking

Public speaking is a powerful skill that influences and inspires an audience. However, even the most experienced speakers can fall victim to common mistakes that hinder their effectiveness. In this article, we will explore the ten most frequent mistakes made in public speaking and offer a few tips on avoiding them.

1. Poor preparation. Thoroughly research your topic, structure your content, and rehearse your speech.
2. Poor body language. Project confidence through eye contact and appropriate gestures.
3. Overuse of visual aids. Keep aids simple and complementary to your speech.
4. Monotonous pace. Vary your pace for emphasis and maintain listener interest.
5. Failure to connect with the audience. Interact with

your audience through questions, relatable stories, or other interactive elements.

6. Lack of a clear structure. Use a logical layout with an engaging introduction, clear key points, and a strong conclusion.
7. Over-reliance on a script or slides. Familiarize yourself with your content to present naturally.
8. Ignoring time frames. Practice your speech to fit within the allocated time.
9. Attempting to mimic or imitate others. Be genuine, allow your passion and unique personality to shine through.
10. Fear of errors. Accept mistakes as learning opportunities and continue improving your public speaking skills.

Public speaking power changes lives! Join groups or seek coaching for practice, and confidence-building.



Vlada BARINA

MONEY PSYCHOLOGIST

Vlada knows everything about psychological Barriers to Financial Success and how to overcome them!

① Subconscious fear of Success

prevents individuals from making money. It often stems from concerns about responsibilities and changes.

SOLUTION: Reflect on fears and concerns about money, recognizing their impact, and take small steps towards embracing success.

② Negative beliefs about money,

such as associating it with greed or scarcity, hinder motivation to make money and seize opportunities.

SOLUTION: Identify the origin of your limiting beliefs and cultivate a positive money mindset focused on abundance.

③ Tying self-worth to financial status

limits the ability to accumulate wealth. Low self-esteem and fear of judgment impact financial success.

SOLUTION: Separate self-worth from net worth, acknowledge personal value beyond money, and build self-confidence through positive self-perception.

④ Regular Social Comparison (to others' wealth and accomplishments)

creates envy, dissatisfaction, and feelings of inadequacy. **SOLUTION:** Recognize the flaws in comparing ourselves to others, use envy as an opportunity for self-discovery, and focus on personal growth.

WAVES

FASHION SHOW

BROLLYWOOD IS RENOWNED FOR CHARITY FASHION SHOWS MERGING FASHION AND AESTHETICS WITH RAISING FUNDS FOR CHARITY ORGANIZATIONS.



A big Charity&Glam Fashion show took place on May 4th in Limassol Marina.

The models of Umbrella Modelling Agency, BROLLYWOOD and Nani-Sabrini catwalked on the embankment along the seaside.

The Kids models were adorned in 2023's exquisite collections by MikiHouse and Orchestra.

Nani-Sabrini models in fascinating ball gowns embellished the fashion show and captivated the audience with their elegance and refinement.

The Adults models were adorned in the newest collections of such brands as I Wave, Salty Sun, Atelier Asimaki, SHE, Lida Raoufi, Oops&Hoops Bridal and Renee Bridal, and showcased the iconic bags of the luxury Ukrainian brand — Ezillia.

Free access, complimentary drinks from Calma Cafe, gifts from Limassol Marina and sponsors of the event (YOU Medical Beauty Salon, Korean cosmetics, Mind Body Baby Cyprus) made the Fashion show even more special and provided it with charm and enchantment.



All the funds were raised for the Mikro Iroes charity organization supporting kids fighting cancer.



MIKI HOUSE



ORCHESTRA



SHE

ATELIER ASIMAKI

SALTY SUN, EZILLIA

BROLLYWOOD is renowned for its Charity Fashion Shows combining the latest fashion trends through brands and designers while raising funds for various charity organizations.



Miki House Brand Ambassador
Olga Muravytska with her son Tihon

Jewellery by
Evgenios Petrides jewellery store

Car by Top Car Batteries

miki HOUSE

"When goals change,
consciousness also changes.
When consciousness changes,
actions also change.
When actions change,
the results change too."

Koichi Kimura
Miki House brand founder



Aleksandra TORLINA

CERTIFIED STYLIST

How often do you face the problem of having nothing to wear or not liking anything in your wardrobe? The frequency of this problem can vary depending on individual preferences, lifestyle, season, and other factors. Some people may have a sufficient amount of clothing but still feel dissatisfied or limited in options for specific situations. Others, with a limited number of clothes, may face the problem of having a limited choice.

To avoid discontent with your wardrobe, consider the following:

1. Ensure that your wardrobe reflects your personality.
2. Make sure your wardrobe is suitable for different situations you find yourself in.
3. Understand your personal style preferences.
4. Choose style elements that reflect your personality and add charm to any event.

It's important to note that personal style preferences can overlap and combine, and many people may have features of different styles. These guidelines serve only as a reference to help you understand your preferences better.

Seek guidance from a Certified Stylist, Aleksandra, for further assistance and advice in refining your personal style.



Grigory KAIDANOVSKY

FOUNDER OF THE INTERNATIONAL ACADEMY OF SELF-DEVELOPMENT, PROFESSIONAL BUSINESS COACH, GRIGORY HAS CONDUCTED THE CASH FLOW GAME FOR 1500 PARTICIPANTS, POSITIVELY CHANGING THEIR LIVES.

Within 2 years, Grigory has turned from an insecure individual afraid of losing his steady job to a savvy entrepreneur capable of building a business in a foreign country without connections and with a significant negative starting capital.

Grygori is a guru of Cash Flow teaching people the importance of strategic thinking, budgeting, and financial decision-making.

Grigory notes, "During the game, it was the women who repeatedly worked wonders that left the few men present wide-eyed. These wonders happened precisely when a woman in the game reached the state of 'HAPPY'." Based on his observations and experience, Grigory has created the author's transformational program called "The Phenomenon of a Happy Woman."

"This program will assist you, dear women, in returning to your natural state of ease, harmony, happiness, abundance, inspiration, and joy."

Follow the dream



Remember! You're already the Value of this world, and you're unique from the very birth.

SIGNS OF SELF-DISLIKE:

1. Constant headaches
2. Frequent self-comparisons with others
3. Efforts to deserve love
4. Immersion into your spouse's/children's/friends' life instead of your own one.
5. Your motto is "I have to be good to be loved".

Such thoughts often lead to psychosomatic pain, e.g. self-depreciation causes headaches and lower back pain

Self-worth and self-love cannot be instilled in a day because it has been formed for many years, but daily practice will help to cultivate it:

- notice the good in your life,
 - praise yourself more often,
 - listen to what exactly you want now,
 - pamper yourself from time to time.
- Soon you will notice changes in yourself, and in a while, they will manifest in physical reality.

Your psychologist, Ekaterina Novik

EVERYTHING IN THE WORLD HAS A BASE (FOUNDATION). A HUMAN BASE IS A SENSE OF THEIR WORTH AND SELF-LOVE. FULL SELF-ACCEPTANCE IS SELF-WORTH (NOT SELF-ESTEEM). SELF-WORTH CANNOT CHANGE FROM A CASUAL WORD OR REMARK AND DOES NOT DEPEND ON THE JOB, APPEARANCE, OR HEALTH.

People with healthy self-worth have healthy relations, money, vocation, and health. If you don't love yourself, you build co-dependent relations to close your needs for care, attention and love.

High self-esteem used to be blamed. How often did we hear in our childhood: "Stop thinking only about yourself!" or "Don't be selfish"?

But if you don't value yourself, how will others value you?





THE ACADEMY OF ELEGANCE IN CYPRUS IS AN INNOVATIVE DEVELOPMENT CENTER FOR GIRLS AGED 5-15. WE ARE LOCATED IN LIMASSOL AND LARNACA.



@ACADEMY_OF_ELEGANCE_CY

Our Academy teaches girls to be real GIRLS, Ladies!
We teach them etiquette, good manners, aesthetics, elegant walking movements, vocals, and art. Moreover, the girls will learn about cultures and creativity. They will discover the psychology of communication as well as learn styling, choreography, etc..

Our star mentors are professionals igniting children's interest in creativity and development. Be sure that your

daughter will get a unique experience to become a real lady who knows how to charm when entering the room.

We train girls in 12 creative areas!

Find more details on our www.academyelegance.com website! Our studios in Larnaca and Limassol are awaiting your princess!

P.S. Sign up to our Elegance Academy Summer School in our Larnaca Branch now.



YASAM Adaptive Center



The name of the adaptive center for physical and cognitive development, YASAM (Eng. I CAN DO IT ON MY OWN) expresses our goal – we want children to be able to say after class: YA SAM.

Along with traditional training, we conduct art lessons, author's programs of speech therapy and cognitive sports classes:

- **LogoFit** – motor activity to music, breathing exercises and chants for correct and smooth speech (3+ y. o.).
 - **CogniFit** – cognitive classes (6-8 y.o.) for correcting and habilitating the 1st functional unit of the brain, i.e. attention, dexterity and strength.
 - **BabyFit** – sports for the youngest where we invite children with a parent for fun games, songs and sports exercises (1.5+ y.o.)
- Children who can say, "That's it, I'll do it myself" can attend the KidsFit group.
- **KidsFit** – exercises and songs (without parents) with their teachers and an advanced program.

The work with special children requires integrated lessons, so we combine sports, thinking and games, group and individual lessons. If a class is not enough, we offer a course with four teachers specializing in different areas!

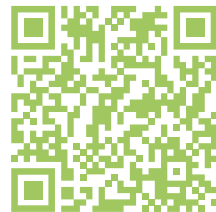
AN INNOVATIVE PROJECT CREATED BY TWO TEACHERS WITH COMPLETELY DIFFERENT APPROACHES TO THE PROBLEMS WITH STUDY AND DEVELOPMENT WHERE BOTH APPROACHES EFFICIENTLY AND POSITIVELY AFFECT THE RESULT AND THE SPEED OF ITS ACHIEVEMENT.

WE TURN THREE THIS YEAR!



OUR TEAM IS FOCUSED ON THE RESULT! EACH PUPIL IN YASAM CENTER ENJOYS AN INDIVIDUAL APPROACH BECAUSE WE ADAPT LESSONS TO THE CHILD'S NEEDS!

BROLLYWOOD



@BROLLYWOOD.CYPRUS

BROLLYWOOD is a Performing Arts Academy for Children equipped with a Film Production Studio, which includes:

A Film Academy offering Acting classes and A Modeling and Casting Agency offering ramp and catwalk training with Confidence development.

OUR STUDENTS (BETWEEN 4-15 YEARS OLD):

- get opportunities to act on stage in theatre;
- be on set in front of the camera;

- earn royalties for campaigns;
- walk the catwalk for Fashion events!

The Agency also prepares our children for upcoming casting calls, public speaking requirements, performance in front of an audience or camera and posing guidelines for photo shoots.

Join us and become a part of the BROLLYWOOD family today!



Sci-Fun

SMART PROJECT
IN LIMASSOL!



SCI-FUN COURSE INCLUDES NATURAL SCIENCE QUESTS, FESTIVALS, WORKSHOPS, NATURE EXCURSIONS FOR CHILDREN AGED 5 TO 14.

Children of the science club make up a real nature science group and do simple and fascinating experiments in chemistry, biology and physics.

Everyone has their own workplace and a set of reagents for the lesson.

Moreover, a line of eco-sensory materials for children was developed for the project, i.e. incredibly soft, non-drying play-dough, slime consisting of non-toxic food products etc.

You can use a pre-made kit or a do-it-yourself kit! All materials and experiments are simple to perform and are accompanied with colourful thematic instructions.

The leading teacher and organizer of the project is an environmental biologist, a TV expert (How the World Works, OTR for Children, The Most Shocking Hypotheses, Good morning on the 1st Channel), a former employee of the Academy of Sciences, a biology teacher with more than five years of experience.



@SCI_FUN_SCIENCE_FOR_KIDS

FRUITOMANIA

34 • BROLLYWOOD • PHOTO-PROJECT

BEING RICH IN FRUITS, CYPRUS INSPIRED JENIA KOZHEVNIKOVA FOR THE PHOTO-PROJECT FRUITOMANIA. BRIGHT COLOURS, JUICY FRUITS, CUTE KIDS — JENIA BEAUTIFULLY CAPTURES EXOTICISM OF OUR LOVELY ISLAND.



@JENIAKOZHEVNIKOVA.PHOTO,
A CREATIVE PHOTOGRAPHER
CONCEPTUALISING UNIQUE IDEAS.



DARKNESS

WHICH IS YOUR NATURE?



1. What do you prefer in a crowded room?

- a) You prefer to blend in, you enjoy observing.
- b) You prefer to stand out. You love being the center of attention.

2. When it comes to fashion, what attracts you more?

- a) Bold and edgy styles
- b) Soft and elegant designs

3. How do you typically feel in moments of solitude?

- a) Comfortable and at peace
- b) Inspired for an action

4. Which environment resonates with your heart?

- a) The mystery of the night, with its intrigue and shadows
- b) The purity of daylight, filled with hope and clarity.



& LIGHT | PERSONALITY TEST

WHICH IS YOUR NATURE?



The answers:

If you chose mostly 'a's, your color leans towards black. You are drawn to the mysterious and intense aspects of life, finding strength within darkness.

If you select mostly 'b's, your color leans towards white. You are drawn to positivity, brightness, and uplifting experiences. You enjoy spreading joy to others.

Remember, colours are a spectrum, and you might find elements of both shades within you!





ELIZAVETA ADAMOVA

A PROFESSIONAL GROOMER WILL NOT ONLY PROVIDE PROPER CARE FOR YOUR PET BUT ALSO MAKE THEM HAPPY AND HEALTHY!

Elizaveta Adamova has a veterinary education and extensive experience as a vet and groomer. Elizaveta won first place in the grooming competition in the Yorkshire Terrier haircut category in 2020. She regularly takes part in European grooming seminars and workshops.

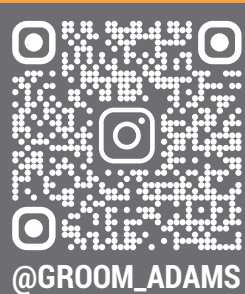
"I'm pro gentle, holistic approach to grooming."

This means that the psychological well-being of your animal is an important aspect of the grooming procedure.

The groomer's services include:

- Nail trimming;
- Brushing out shedding fur;
- Washing and drying;
- Haircut and styling;
- Necessary hygiene procedures.

You can trust Elizaveta the most precious thing — taking care of your beloved pet!



1. Who is a groomer?

- A professional coach training pets.
- A person who takes care of animal health and appearance, including grooming and bathing.
- A seller of specialized animal food supplements.

2. What problems can arise from self-grooming pet's fur?

- Excessive use of shampoos and conditioners.
- Loss of fur health, matting, and tangling.
- Dogs and cats may feel discomfort and stress during the grooming process.

3. Why is it important to regularly visit a groomer?

- The pet gets the opportunity to make new friends.
- The groomer conducts an examination of the pet and can identify health problems.
- The groomer offers free grooming on the pet's birthday.

Answers: 1-b, 2-a, b, c, 3-b

Congratulations, if you have right answers!

ALINA GLADUNETS

EQUESTRIAN AND NATURE ARTIST

Over the past year, Cyprus has been enriched by art experts and artists.

Alina Gladunets is one of the talented artists who has recently moved to Cyprus and already managed to win many hearts. A young lover of art and animals, she has been passionate about horses since her childhood. She splashes out her vision of these beautiful animals on canvases. A story about horses is written using paints and brushes. The paintings are very bright and atmospheric. You can feel the depth and uniqueness of these animals.



"Every horse is a whole world," the artist says. Alina is immersed in the world of horses not only on canvas, but she also has her own horses! The artist draws inspiration in the stable near these noble animals.

Alina has already successfully exhibited her works in Cyprus, in Lellos Art Point.



Nowadays, it's so important to have the opportunity to recharge, relax, and connect with nature. This may be a new trend in Cyprus, but it has long been cherished worldwide. This pastime might just capture your heart!

Vacationing with horses is not merely about horse-riding. It's a whole philosophy of interaction. These free-spirited horses will introduce you to their world. We communicate with them without saddles and bridles but with love and understanding of psychology.



MAXVEL KITCHEN

A man who turned his dream into reality!

Culinary Maestro,
Creator of incredible culinary events,
Founder of the leading catering company in Cyprus.

"My goal is to make the world better!"

The MaxVel team led by Max accepts orders of any complexity:

- Romantic dinners on secret beaches,
- VIP buffets in theaters,
- Interviews with celebrities while cooking delicious octopus,
- Wedding banquets,,
- Setting records with the longest pasta on the island.

Every founder has a story to tell. We asked Max to share his journey to success and tell us why he decided to devote his life to gastronomy.

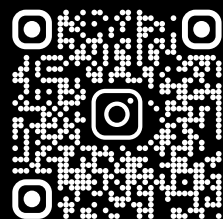
"My first trip abroad changed my life completely. It was Spain, 2003. I was 17, and I was amazed by the cult of gastronomic hedonism and the work of European colleagues. Upon returning, I began to study the restaurant industry. Soon I stumbled upon The Secret movie, and it helped me finalize my goal to turn my dream into everyday life. Visualizing life by the sea, in a house with white walls, I saw myself in the kitchen, working in different parts of the island surrounded by professionals, in a friendly environment."



Max moved to Cyprus with a wealth of experience, but due to the lack of documents he could not find a job. He began to cook at home for friends and neighbors, and soon "siga siga" he set up a catering company. Now Max has an authentic culinary studio @MaxVel_Kitchen in a medieval building with an incredibly cozy atmosphere.

"I strive to attract investment to create a new restaurant holding, which Cyprus really lacks!

We engage in charity work and plan to open our own foundation to help those in need."



@MAX_VELMAKIN



Boutique cafe WeSpace event venue

**In the heart of
old Limassol**

New acquaintances
and regular friends
are always welcome
at this space!

We look forward
to seeing you!

This trendy multifunctional space combines the aesthetics of a boutique, a cafe, an art studio, and a lecture hall.

A two-floor space with floor-to-ceiling windows, a loft-style interior, changing photo zones, and decor – all of these features make it a perfect location for unique events and even photo shoots.

Additionally, in the boutique area, you can purchase designer dresses, accessories, gifts, beauty service certificates, high-quality cosmetics, candles, paintings, and even mirrors!

This space has become a haven for many regular guests and friends. Every visitor will find inspiration, recharge, enjoy coffee, have pleasant meetings, or purchase something unique and extraordinary for themselves.



PHOTO
GRAPHER



MAKEUP
ARTIST



WOMAN — there's so much in this word

EACH OF US IS A WIFE, MOTHER, FRIEND, SISTER. IN THE HUSTLE AND BUSTLE OF EVERYDAY LIFE, MIXING THESE ROLES TOGETHER, WE FORGET THAT FIRST AND FOREMOST WE ARE WOMEN – VIBRANT, MESMERIZING, STRONG!

We want everyone to feel light and beautiful every day! A combo of makeup & photography is a wonderful way to boost your confidence and highlight your beauty. Every woman is unique and has her own style. We give our models complete freedom to choose where and how they want to be photographed.

We will be happy to help you fulfill any desire, even the most daring.

Working together, we create photos that will become a wonderful reminder of how strong and captivating you are! The stunning makeup will not only give you confidence but will also lift your spirits for the whole day!

**STAY A WOMAN, FEEL STRIKING AND CONFIDENT
WITH THE PROFESSIONAL PHOTOSHOOT AND MAKEUP!
CREATE MEMORIES OF YOUR BEAUTY AND STRENGTH FOR THE LIFETIME.**

