

Moon & Womb

A 3-month journey through
Female Archetypes, Rituals,
Cycles, and Magic

starting on 20th March 2026



You are invited for the journey...



Do you **feel disconnected with your feminine power**, natural cycles, and your cosmic womb?

This journey is for a woman like you - a brave one who wants to change her life, finally **feel at peace with herself**, and bring her healed self to future generations.

My name is Ewa Maria Zygadlo, and I will be **your guide through the mystical arcana of womenhood**, feminine magic, and cyclical living.

Let's **connect with the Moon**, our prehistoric feminine teacher of cycles, passage, and use it as a **celestial womb** to bring your wishes into fruition if you no longer menstruate or have no physical womb of your own.





Part I - Moon & Womb

Menstruation & New Moon

22th March 2026, 7 PM CET

Follicular Phase & Waxing Moon

29th March 2026, 7 PM CET

Ovulation & Full Moon

1st April 2026, 7 PM CET

Luteal Phase & Waning Moon

12th April 2026, 7 PM CET



*During each seminar, you will learn about the energy of this phase and how to use it for **spiritual practice and magic**.*

*Additionally, there will be info for menstruating women on **what to eat** and how to **exercise** during each phase.*

A woman with her eyes closed, wearing a dark green dress, lies in a field of white daisies. Her hands are resting on her belly.

Part II – Reclaiming Your Femininity



Playful Maiden Archetype

19th April 2026, 7 PM CET

Nurturing Mother Archetype

26th April 2026, 7 PM CET

Wise Crone Archetype

3rd May 2026, 7 PM CET

Feminine Energy across Cultures

10th May 2026, 7 PM CET

*In this part, we will focus on the question: **What does being feminine mean to me?***

*I will tell you stories from across cultures, and teach how to connect with each of the three main **Female Archetypes: Maiden, Mother & Crone.***



Part III - Feminine Magic & Manifestation

Intention Setting

17th May 2026, 7 PM CET

Magical Ingredients & Feminine Rituals

24th May 2026, 7 PM CET

Magical Timing

31st May 2026, 7 PM CET

Attraction & Womb-led Creation

14th June 2026, 7 PM CET



*As women, we have a beautiful advantage in Magic and Manifestation, because our bodies **know** how to create life.*

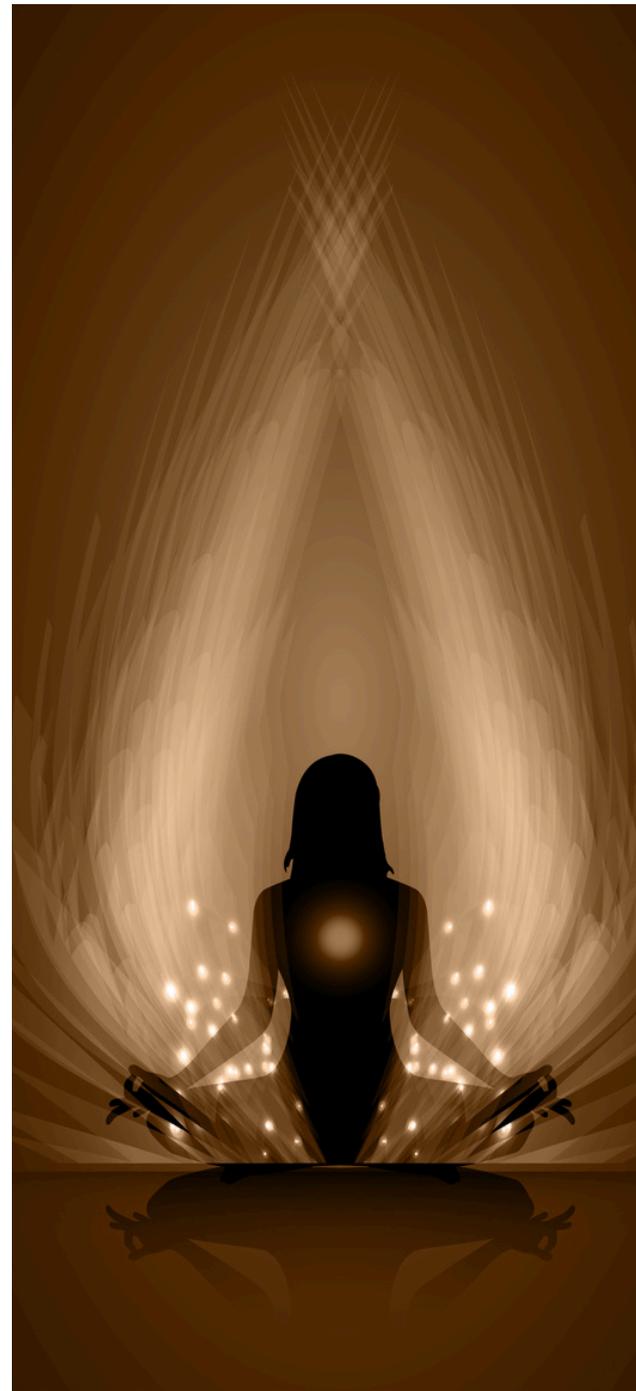
*In this part, we will talk about all aspects of **Spellcraft** and Manifestation, the feminine way!*

12 Transformative Rituals

*I would love to share with you my favorite rituals and practices that help me to **connect with my body, femininity, and myself.***

*They will be published as **recorded videos once a week.***

1. *Womb Yoga*
2. *Humming Pranayama*
3. *Face Massage*
4. *Lymphatic Drainage Dance*
5. *Pelvic floor exercises*
6. *Gratefulness*
7. *Breast and Womb Massage*
8. *Yoni Steam*
9. *Goddess Energy Yoga*
10. *Progressive Muscle Relaxation*
11. *Inner Child Meditation*
12. *Workshop on Dying*



DIY Massage Oils

**Links on this page are affiliate links that allow me to earn a small commission at no extra cost to you.*

Face Massage Oil

You will need:

- 30ml (1oz) bottle with pipette*
- 15 ml jojoba oil
- 5 ml rosehip oil
- optional 5 ml prickly_pear oil
- 7 drops of frankincense carterii essential oil
- 7 drops of liquid vitamin E

Mix everything and shake well.

Goddess Massage Oil

You will need:

- 30ml (1oz) bottle with pipette
- 25 ml jojoba oil
- 2 drops of each of the essential oils: lavender, sweet orange, copaiba
- 7 drops of liquid vitamin E

Mix everything and shake well.

