

# Integral Zen



## Intro to Meditation



**All are Welcome!**

**Come learn why trying to meditate can keep meditation from happening.  
First change your mind, come to understand what meditation is and  
what meditation is not.  
Then learn how to meditate.**

For information [click here to email: doshin](#) or call 720-984-9512

*There will be a request for donations--an opportunity for generosity--to support this work*



Lead by:  
*Sensei Doshin Nelson*