Teacher Certification in MBSR Review Portfolio Checklist

Your portfolio must include of the following elements:

☐ Two copies of a video (a total of 1-2 hours duration) of your teaching as follows:

☐ leading a meditation practice that begins with awareness of breath, continues to whole
  body, sounds, thoughts, emotions, and finishes with open presence.
☐ leading standing yoga (video should illustrate a few standing yoga stretches);
☐ engaging in group dialogue and inquiry; and
☐ making a didactic presentation about stress.

*One option might be to film Class 5, which contains several of the above elements.

☐ Two copies of materials you have developed to enhance and support your in-class instructions,
  including:

☐ course curricula;
☐ home practice recordings:
  □ • Guided Body Scan Meditation (40-45 minutes)
  □ • Lying Down Yoga (40-45 minutes)
  □ • Guided Sitting Meditation (progressing through awareness of breath, body
    sensations, sounds, thoughts, emotions, and choiceless awareness) (40-45 minutes)
  □ • Standing Yoga (40-45 minutes)
☐ workbooks; and
☐ any teaching resources particular to your classes.

☐ Recommendations from:

☐ a mentor, teacher or someone who is personally familiar with your meditation
  background; and
☐ two professional colleagues who have experienced your MBSR teaching through
  participating in your classes and/or who have referred participants to your MBSR
  courses.

☐ Evaluations from six participants from one or more of your classes. *(Click here for Teacher
  Evaluation form)*

☐ A copy of Supervision Closing Evaluation from your Supervisor *(Click here for Supervision
  Evaluation form)*

☐ A description of the number, setting, location, and dates of all your MBSR classes.