

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Alexander Technique Assessment MCP

Identify and break your automatic physical tension cycles.

Alexander Technique Assessment MCP uses movement and tension data to help you understand your physical habits. It identifies where you can apply inhibition to stop repetitive strain and provides specific mental directions to help you regain Primary Control. You can get custom practice plans tailored to your specific tension profiles.

A+ Quality Score 100/100

movement

posture

mindfulness

physical-health

wellness



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Alexander Technique Assessment MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to analyze how you move and where you hold tension. Instead of guessing why your neck or shoulders feel tight, you can use your AI client to pinpoint the specific habits driving those physical responses. The MCP identifies your core recurring habits and shows you exactly where to apply inhibition to stop an automatic tension cycle before it starts. Once you know where the tension begins, the MCP generates mental direction cues to help you re-establish Primary Control. It doesn't just identify problems; it gives you a way out by providing personalized practice recommendations that fit into your daily routine. Whether you are sitting at a desk or moving through your day, your agent can help you navigate the transition points where tension usually sets in.

Core Capabilities

01 — Habit Identification

Your agent uses this to map out your recurring physical tension patterns.

02 — Inhibition Mapping

The AI identifies the exact points in a movement where you can pause to break a cycle.

03 — Mental Direction

Your client generates specific mental cues to help you regain physical control.

04 — Custom Practice Plans

The MCP creates daily application schedules based on your specific habit profile.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/alexander-technique-assessment — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or your preferred client via Vinkius.
- 02 Describe your physical habits or areas of tension to your agent.
- 03 The MCP analyzes your input to build a habit profile.
- 04 Your agent provides inhibition points and mental direction cues.
- 05 Follow the personalized practice recommendations provided.

You connect the MCP to your AI client and start describing your physical sensations.

Built For

This is for anyone looking to understand the physical mechanics behind their daily tension and movement habits.

Desk Workers

They hand off descriptions of sitting posture and repetitive typing strain to the AI.

Movement Practitioners

They use the tool to refine their physical awareness and apply technique principles.

Wellness Enthusiasts

They provide data on physical discomfort to receive personalized practice guidance.

What Changes When You Connect

- 01 Pinpoint the exact moments tension starts in your body.
- 02 Get mental cues to help restore physical balance.

-
- 03** Receive practice plans that match your specific physical needs.
-
- 04** Break automatic movement cycles through targeted inhibition.
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Real-World Applications

Desk Ergonomics

Identify how leaning toward a screen creates neck and jaw tension.

Daily Movement Awareness

Use mental directions to maintain better posture during routine activities.

Tension Breaking

Find the right moment to inhibit a movement before it becomes a strain.

Personalized Training

Follow a custom plan to integrate Alexander Technique into your lifestyle.

Patterns to Avoid

Vague physical descriptions

❌ AVOID

You tell your agent that your body just feels tight and uncomfortable without any specifics. This gives the AI nothing to work with.

✓ INSTEAD

Describe your specific movement patterns or sitting posture. Use ``get_habit_profile`` to turn those descriptions into a clear map of your recurring tension.

Ignoring the pause

❌ AVOID

You try to fix your posture while you are already mid-strain or deep in a repetitive motion. You're fighting an active tension cycle.

✓ INSTEAD

Use ``analyze_inhibition_opportunities`` to find the exact moment to stop the movement before the tension actually sets in.

Generic stretching routines

❌ AVOID

You ask for general stretches to fix your neck pain without looking at your actual habits. This ignores the root cause of your movement issues.

✓ INSTEAD

Get a plan tailored to your specific physical profile by using ``get_practice_recommendations``.

The Right Fit

Connect this MCP if you want to use your AI client to decode the physical habits causing your daily tension. Do not connect it if you are looking for a generic fitness app or a list of stretches. The decision depends on whether you want to use the Alexander Technique to change how you move rather than just treating symptoms.

Alexander Technique Assessment: 4 Core Tools

These tools help your agent map physical habits, identify tension points, and provide mental cues for better movement.

#	TOOL	DESCRIPTION
01	analyze_inhibition_opportunities	This tool finds the specific moments where you can stop an automatic movement to prevent tension from building up.
02	generate_direction_cues	This tool provides the mental instructions you need to help re-establish Primary Control in your body.
03	get_habit_profile	This tool identifies your core physical habits based on the movement and tension patterns you describe.
04	get_practice_recommendations	This tool builds a personalized plan for applying Alexander Technique principles throughout your day.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I have a tight jaw and I tend to lean forward while typing. Can you analyze my habits?



Your primary conflict area is the jaw and neck. The severity score is high due to the repetitive nature of leaning forward while typing.

U I feel tension in my shoulders when I am sitting at my desk. Where should I apply inhibition?



You should focus inhibition on the transition between sitting down and starting your work to prevent the shoulder tension from setting in.

U What directions should I use for my hunched shoulders?



Your primary direction is to let the neck be free and allow the head to move forward and up.

Frequently Asked Questions

01 How do I use this MCP with my AI client?

You connect to the MCP through the Vinkius platform. Once connected, you can talk to your AI client in Claude, Cursor, or Windsurf about your physical habits.

02 What is Primary Control in this context?

Primary Control refers to the balanced state of the body that the mental direction cues aim to help you re-establish.

03 Can this MCP give me specific exercises?

Yes, it uses the `get_practice_recommendations` tool to create a personalized plan for applying the technique throughout your day.

04 Do I need to be an expert in Alexander Technique?

No, the MCP translates your physical descriptions into technical insights and actionable mental directions.

05 What is inhibition in the Alexander Technique?

Inhibition is the ability to pause and stop an automatic, habitual movement pattern before it causes tension.

06 How can I use ``get_habit_profile``?

Provide a list of observed tension patterns and repetitive movement habits to receive a detailed habit profile and severity score.

07 What are direction cues?

Direction cues are mental intentions, such as those provided by ``generate_direction_cues``, designed to help you re-establish Primary Control without using muscular commands.

08 Can I get a daily plan?

Yes, by using ``get_practice_recommendations`` with your habit profile and inhibition points, you can generate a personalized plan for daily application.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"alexander-technique-assessment": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Alexander Technique Assessment is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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