

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

Breathwork Session Designer MCP.

Build precise breathing protocols for any experience level.

Breathwork Session Designer MCP builds structured breathing exercises tailored to your specific goals. It handles the math and timing for techniques like Wim Hof, Box Breathing, and 4-7-8, ensuring every session includes the right breath patterns, hold durations, and recovery periods based on whether you are a beginner or an advanced practitioner.

A+ Quality Score 100/100

breathwork

meditation

wellness

health

relaxation



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.

Breathwork Session Designer MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing how long to hold your breath or how many rounds you need to feel the effects. This MCP acts as a specialized engine for designing breathing protocols that actually follow the rules of specific methodologies. Whether you want to use Wim Hof for energy or 4-7-8 for sleep, your AI client can now generate a complete plan with exact timings. It calculates the rhythmic patterns and ensures the intensity matches your current skill level. You get a structured guide that includes inhalation lengths, hold times, and necessary integration periods so you can focus entirely on the practice itself.

Core Capabilities

01 — Protocol Generation

Your agent creates full breathing schedules including holds and recovery times.

02 — Safety Verification

The AI checks if a technique matches your experience level before you start.

03 — Timing Calculations

Your client gets the exact seconds needed for each breath in a cycle.

04 — Methodology Support

The MCP handles specific rules for Wim Hof, Holotropic, Box Breathing, and 4-7-8.

05 — Time Management

Your agent compares different session plans to fit your available window.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/breathwork-session-designer — connect your AI agent in three steps.

- 01 Connect your MCP-compatible client to Vinkius.
- 02 Tell your agent your goal, technique preference, and experience level.
- 03 The agent uses the MCP to calculate timings and safety.
- 04 Receive a structured, step-by-step breathing protocol.

Connect your client to Vinkius and start designing sessions immediately.

Built For

This MCP is for anyone looking to move beyond basic breathing by using structured, scientifically-backed protocols.

Wellness Practitioners

They hand off the math of breath timing to the AI to create client plans.

Meditation Enthusiasts

They use the agent to find new techniques that match their skill level.

Biohackers

They use the tool to design high-intensity sessions like Wim Hof for specific physiological goals.

What Changes When You Connect

- 01 Removes the guesswork from breath hold durations.
- 02 Matches technique intensity to your actual experience level.

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- | | |
|-----------|--|
| 03 | Provides structured integration periods between active breathing rounds. |
|-----------|--|
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- | | |
|-----------|---|
| 04 | Allows for quick comparison of different breathing methods. |
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Real-World Applications

Beginner Onboarding

An agent creates a gentle 4-7-8 session for someone new to breathwork.

Focus Training

A user generates a Box Breathing plan to prepare for a deep work session.

Energy Boosting

You request a Wim Hof protocol to help increase alertness before work.

Time-Constrained Practice

You ask the AI to find a breathing technique that fits into a strict 5-minute break.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_cycle_metrics	This tool determines the exact rhythmic timing required for a single round of your chosen technique.
02	compare_session_plans	Use this to see how different breathing methods fit into the specific amount of time you have available.
03	design_session	This tool generates a complete, structured breathwork protocol based on your specific requirements.
04	validate_technique_safety	This tool checks if a specific breathing method is appropriate for your current experience level and goals.

See It in Action

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

U Design a 10-minute Wim Hof session for a beginner looking for energy.



Your Wim Hof session is ready: 3 rounds of rapid breathing followed by 30-second breath holds, with a 2-minute integration period at the end.

U Is Box Breathing safe for an advanced user?



Yes, Box Breathing is safe and highly effective for advanced users to maintain focus and calm.

U What are the timings for a 4-7-8 breathing cycle?



The 4-7-8 pattern consists of a 4-second inhalation, a 7-second breath hold, and an 8-second exhalation.

Frequently Asked Questions

01 How does this MCP handle safety?

The MCP includes a tool specifically designed to validate if a technique is appropriate for your experience level and goals.

02 Which breathing techniques are supported?

The MCP supports Wim Hof, Holotropic, Box Breathing, and 4-7-8 methodologies.

03 Can I design sessions for different time limits?

Yes, you can use the tool to compare different session plans to see which one fits your available time.

04 Does it work with my existing AI tools?

Yes, this MCP works with any MCP-compatible client like Claude, Cursor, or Windsurf.

05 Will it tell me how long to hold my breath?

Yes, the MCP calculates the specific rhythmic timing and hold durations for each round of a technique.

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>"breathwork-session-designer": { "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

Breathwork Session Designer 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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DOCUMENT INFORMATION

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Server ID	01a0b61c-520d-73a7-8d56-29fbda28c2d3
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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