

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

GYROKINESIS® Session Timer MCP

Build structured movement sessions in seconds.

GYROKINESIS® Session Timer MCP acts as a specialized planning engine for practitioners. It breaks down your available time into specific phases like warm-ups, main sequences, breath work, and cool-downs. Your AI client uses the GYROKINESIS® methodology to scale intensity and duration based on whether you are a beginner, intermediate, or advanced mover.

A+ Quality Score 100/100

gyrokinetics

exercise

fitness-planner

mobility

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.

GYROKINESIS® Session Timer MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing how to structure your movement practice. This MCP handles the timing and sequencing of your GYROKINESIS® sessions so you can focus on the movement itself. Whether you have ten minutes or an hour, your agent uses the specific methodology to divide that time into logical phases. It accounts for your skill level by adjusting how long each phase lasts and how intense the sequences are. You can also tell your AI client what equipment you have on hand, like a stool or a mat, and it will ensure the planned exercises actually work with what you've got. It's a direct way to turn a vague intention into a timed, actionable plan.

Core Capabilities

01 — Timed Sequencing

Your agent divides your total time into warm-up, main, breath, and cool-down phases.

02 — Skill Level Scaling

The MCP adjusts phase durations based on beginner, intermediate, or advanced status.

03 — Equipment Verification

Your AI client checks if your stool or mat is appropriate for the movements planned.

04 — Exercise Filtering

The tool provides summaries of exercises based on your specific focus and gear.

One Click on Vinkius — From Prompt to Execution

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

01 Connect your MCP-compatible client to Vinkius.

02 Tell your AI client your available time and skill level.

03 Specify any equipment you have available.

04 Receive a fully timed, structured session plan.

Connect your client to Vinkius and start planning sessions immediately.

Built For

This is built for people who practice GYROKINESIS® and want a structured way to manage their time and equipment.

GYROKINESIS® Practitioners

They use the MCP to generate daily movement plans based on their current skill level.

Movement Instructors

They hand off the timing and sequencing logic to the AI to create varied session structures.

What Changes When You Connect

01 Removes the mental load of timing movement phases.

02 Ensures equipment matches the intended exercise focus.

03 Adapts session intensity to your specific skill level.

04 Provides a consistent structure for every practice.

Real-World Applications

Quick Morning Sessions

Generate a short, 15-minute session when you have limited time before work.

Equipment-Specific Training

Plan a session specifically around the stool or mat you have available in your space.

Skill Progression

Use different scaling factors as you move from beginner to advanced levels.

Targeted Mobility

Create sessions that focus specifically on the spine, shoulders, or hips.

Patterns to Avoid

Ignoring equipment constraints

❌ AVOID

You ask your agent to plan a session focused on floor work but you only have a stool available.

✓ INSTEAD

Tell your agent exactly what gear you have first. Use ``validate_equipment_compatibility`` to make sure your stool or mat actually works for the movements you want to do.

Static session timing

❌ AVOID

You try to use the same 30-minute routine every day regardless of how much you've improved.

✓ INSTEAD

Your needs change as you progress. Use ``get_intensity_scaling_factors`` to adjust how long each phase lasts based on your current skill level.

Vague movement goals

❌ AVOID

You tell your agent to just 'give me some movement' without specifying a focus area or equipment.

✓ INSTEAD

Be specific about your focus, like the spine or hips. Run ``get_exercise_library_summary`` to see what's actually available for your specific setup.

The Right Fit

Connect this MCP if you practice GYROKINESIS® and want a structured, timed routine that respects your skill level and available gear. Don't connect it if you prefer unscripted, free-form movement without specific phase transitions. The decision comes down to whether you want your agent to handle the session logic for you.

GYROKINESIS® Session Timer Tools

These tools handle the math and logic for your movement sessions. They manage everything from skill-based timing to equipment checks.

#	TOOL	DESCRIPTION
01	get_intensity_scaling_factors	This tool provides the specific multipliers used to adjust the length of each session phase based on your skill level.
02	get_exercise_library_summary	Use this to see a list of available exercise types that match your current equipment and focus areas.
03	get_session_plan	This tool generates a complete, timed structure for a GYROKINESIS® session.
04	validate_equipment_compatibility	This tool checks if the equipment you have, such as a mat or stool, is sufficient for your chosen focus areas.

See It in Action

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

U Create a 30-minute Beginner GYROKINESIS® session focusing on the Spine with a stool.



Your 30-minute Beginner session is ready: 5 minutes of Warm-up, 15 minutes of Spinal Articulation sequences, 5 minutes of Breath Work, and 5 minutes of Cool-down.

U I have 45 minutes and a mat. Plan an Intermediate session for Shoulders and Hips.



Your 45-minute Intermediate session is ready: 7 minutes of Warm-up, 25 minutes of Shoulder and Hip sequences, 5 minutes of Breath Work, and 8 minutes of Cool-down.

U What exercises are available for a 20-minute session with no equipment?



For a session with no equipment, you have access to Standing and Floor-based exercise categories.

Frequently Asked Questions

01 What skill levels does this MCP support?

It supports Beginner, Intermediate, and Advanced levels, adjusting the intensity and duration of phases accordingly.

02 Can I plan a session without any equipment?

Yes. You can request a session with no equipment, and the tool will provide access to Standing and Floor-based categories.

03 How does the timing work?

The MCP divides your total time into four distinct phases: Warm-up, Main Exercise Sequences, Breath Work, and Cool-down.

04 Will it tell me if my equipment is wrong?

Yes. The `validate_equipment_compatibility` tool checks if your stool or mat is sufficient for your chosen focus areas.

05 Which AI clients can I use with this?

You can use this MCP with any compatible client like Claude, Cursor, Windsurf, or VS Code.

06 How do I generate a full workout plan?

You can use the `get_session_plan` tool by providing your class level, focus areas, available minutes, and equipment availability.

07 Do I need specific equipment for certain exercises?

Yes. You can use `validate_equipment_compatibility` to check if your available equipment (like a stool or mat) matches your chosen focus areas.

08 Can I customize the session for my skill level?

Yes, the session timing and intensity are automatically adjusted based on whether you select Beginner, Intermediate, or Advanced levels.

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>"gyrokinesis-session-timer": { "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

GYROKINESIS® Session Timer 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	01a0bb0e-a407-7149-a964-72dd319b362b
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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