

# Ana Benavides

Ana Paula García Benavides

[artbyanapau@gmail.com](mailto:artbyanapau@gmail.com) | +44 07990899657 | [www.anapgarcia.com](http://www.anapgarcia.com)

## EDUCATION

### MA Painting

Royal College of Art, London, UK – 2021–2023

### BA (Hons) Advertising and Marketing Communications

ITESM, Monterrey, México – 2018

---

## SELECTED EXHIBITIONS

### 2025

- *Breakthrough*, Hope 93 Gallery, London, UK **(Solo Show)**
- *In Flux*, Kenin Projects, Dubai, UAE
- *Celebrating Women in Arts*, Mexican Embassy in London, UK **(Guest Artist)**
- *Two*, Haricot Gallery, London, UK

### 2024

- *Foundations*, Wilder Gallery, London, UK **(Online)**
- *Tear Rubber*, Ojiri Gallery, London, UK
- *Under the Canopy*, Mexican Embassy, London, UK
- *The Dimension of Feeling*, Vortic Gallery, curated by Maria Korolevskaya, London, UK **(Online)**
- *A Journey into the Unknown*, Haricot Gallery, London, UK
- *Waves Wash Over*, Wilder Gallery, London, UK **(Duo Exhibition)**
- *Silent Presence*, Tabula Rasa & Veenue Gallery, Shanghai
- *Morrison Foerster Art Prize Exhibition*, Scapel Building, London, May–Nov 2024

### 2023

- *Why Are We So Afraid of Feeling?*, Lupo Gallery, Milan, Italy curated by Martha Onsola **(Solo Show)**
- *RCA Degree Show*, Truman Brewery, London, UK

- *You Can't Always Get What You Want*, Haricot Gallery, London, UK
- *How Things Hold*, T293 Gallery, Rome, Italy
- *The Consolation of Clinamen*, Tabula Rasa Gallery, Beijing, China, curated by Zhang Jiarong
- *Secret Gardens*, Wilder Gallery, London, UK, curated by Matilda Liu
- *Cacotopia 07*, Annka Kultys Gallery, London, UK
- *LUMA*, Apsara Studio, Aora Space, London, UK, curated by Jenn Cellis

## 2022

- *WIP RCA*, Soho Revue, London, UK
- *Art of a Postcard Summer Auction*, London, UK, curated by Gemma Peppe **(Auction)**
- *I Feel Everything All at Once*, Natasha Arselan Gallery, London, UK **(Online)**

---

## ART FAIRS

- **2025** – *Art 021 Beijing*, Tabula Rasa Gallery, Beijing, China

---

## COLLABORATIONS & PRIZES

- **2025** – Guest Panelist – Latin American Art, *The Graduate Gallery*, in collaboration with Lily Gabriela Jewelry
- **2024** – *Staff Prize*, Morrison Foerster Art Prize Exhibition
- **2023** – *Painting To (Art x Music)* Collaboration with Painting To, DJ Ron & Daler-Rowney

---

## TEACHING AND COMMUNITY ENGAGEMENT

- *2024–Present* – **Volunteer Art Instructor**, St Vincent's Centre Brixton, London, UK

## Artist Bio

Website: [www.anapgarcia.com](http://www.anapgarcia.com)

Instagram: @anabenavidesart

Email: artbyanapau@gmail.com

### About:

**Ana Paula García Benavides** (b.1996) is a London-based artist originally from Monterrey, Mexico. Benavides received her BA in Advertising and Marketing Communications from Monterrey Institute of Technology and Higher Education (ITESM) in 2018. She graduated from her Master's degree in painting at the Royal College of Art in 2023. She has exhibited internationally in Italy, United Kingdom, China and United Arab Emirates (UAE).

### Statement:

My painting practice is deeply rooted in emotional exploration, where each piece becomes a dialogue between my inner world and the canvas. In a fast-paced and chaotic world, we rarely take the time to pause, feel, and process our emotions. My work is a response to this, allowing me to revisit, release, and bridge both cherished and difficult emotions. Through texture, gesture, and color, I create a sensory experience that goes beyond the visual, inviting viewers to engage with emotions in a tactile and immersive way. The way I use texture encourages a deeper connection, sparking imagination and stirring the senses. My work serves as a space for connection, release, and self-discovery. Just as I embrace and confront my emotions through painting, I hope to inspire others to connect with their own. Each piece is an invitation to explore what lies beneath the surface—a raw and honest expression of personal and universal human experiences.