

A woman with long, curly brown hair is performing aerial silk. She is wearing a black sports bra and black leggings. She is holding onto a grey silk strap with her right hand, and her left hand is resting on her right knee. She is looking upwards and to the right. The background is a clear blue sky and a stone wall with some metal structures.

# Ángela Guardado

Portfolio  
2026

When the evocative power of words converges with the language of the body a space of mutual feedback is created. One has the potential of naming, the other of feeling, and through both, human experience is assimilated. In this confluence is where my work emerges. I conceive writing as the mediator between mind and body, an intimate place that gives substance to an open idea. With it I investigate how text can become an embodied spatial experience.

Poetry is born through attentive listening and observation of what's outside and inside. I wonder around matters such as what is visible, what is not and why; is there something being silenced; what happens in a mind, a body or a space that go unnoticed; can poetry manifest those things; can a body narrate its unseen story.

I work with words, movement, and an expanded aerial silks practice. Body is an archive and a research tool, writing and dancing are experimental laboratories, all with the aim of dissecting the human experience to see it, admire it, process it and share it.

# Suspended poem



Installation + performance

Site specific poetry led process

Made and presented in 2024 for Error Proyecto Residency

I was working with the idea of a circular and never ending poem. The result were words hanging from the ceiling, allowing the public to be immerse inside the poem and create one of their own. Words float but are written in a transparent material that allows them to unfold quietly.

The performance consists in walking through the poem, inhabiting it, and reading it out loud improvising the sequence of words.

# Suspended poem



Installation

Words were written in acetate sheets



During performance

This project was made during an artistic residency in Mexico City.

I started by asking myself: How do I feel here? How would I feel if I was this city?

Through the answer, words started to pop, for example: crowded, furious, presence, irrepressible... And the need for a circular poem was born.

Then I had to think, how do I share this?

Mexico City is an intense fast place. I thought of its opposite, like a quiet garden where one can pause and pay attention.

Performance video documentation:

1. <https://youtu.be/aAmWxFzG9GY> [6:51 min]
2. [https://youtu.be/G\\_uzHKC9h-0](https://youtu.be/G_uzHKC9h-0) [7:08 min]

# To be invisible/ Unseen poet

Poetic urban intervention

Site specific poetry led process

AADK Spain residency Blanca-Murcia, Spain. 2021

It started with a poem and a performative reading that took off and became a poetic intervention through the streets of Blanca as an unseen poet interrupting cotidianity with evocative words.



# To be invisible/ Unseen poet



Urban intervention  
Rocks, you only see rocks; landscapes  
i'm only landscapes.

I started to write a poem  
based of the small town,  
Blanca, Murcia; and asked,  
how can I share this?

Urban intervention  
I exist through fr-a-g-me-n-ts



It was with this work that  
my site-specific poetry  
methodology was born.

Unseen poet, urban intervention video recording [7:17 min]:  
<https://youtu.be/BALQYWwmlb0>

# Root fragments



Performance unifying somatic movement, aerial silks and poetry  
Site specific poetry led process that unfolds through dance.  
Presented in Cuba and Mexico, 2019, 2021, 2022.

This piece issues the confusion and hardship of belonging to a land devastated through a colonial process, and recognizing that both the colonizer and colonized live withing oneself.

# Root fragments



During performance  
Day of the Dead, Street festival in Mexico 2022



Theater performance in Mexico 2021

Theater performance video documentation [8:05 min]:

<https://youtu.be/pLztsscMHVU>

# Experimental aerial silks



My aerial silks practice has become more and more somatic and experimental. I stopped looking for great movements, impressive and acrobatic.

Studio turned into a laboratory of sensations and deep attention. Latest performances have become more ritualistic and cathartic, to expose, make visible and feel otherwise unseen transformation processes and raw emotions.



# Experimental aerial silks



Improvisation performance 2023



Performance 2023



Rehearsal 2025



Performance 2024

# Experimental aerial silks

At the present moment I am working on a new project in collaboration with Luis Arevalo, musician.

It is a performance using experimental-ambient music played live and my expanded practice of movement and silks.

It is called Salvaje (Wild), as in search of naturality. We work with the idea of tension between the calm state and the defensive state.

Work will be presented publically in May 2026.



Rehearsal documentation, Salvaje (work in progress) [15:31 min]  
[https://youtu.be/CF\\_yfpPY-sA](https://youtu.be/CF_yfpPY-sA)

# From dust to rise



Studio álbum cover, by Maria Luisa de Santiago 2024

*Del polvo al ascenso* is a studio álbum of spoken word poetry musicalized by musician Miguel Guzmán.

It contains 6 poems written and performed by Angela Guardado. With topics such as self actualization, female rage and mysticism.

Released in november 2024 under the name Comité Poético Sonoro del Despertar.

<https://comitepoeticosonoro.bandcamp.com/album/del-polvo-al-ascenso>

# Extended writing practice

To be transparent\*, forthcoming novel.

Alongside my performative and embodied practice, I maintain a sustained commitment to long-form writing.

This includes a novel currently in publication process with Universidad Nacional Autónoma de México, which extends my research into narrative, temporality, and subjectivity through a literary form.

This work was selected among others through a writing contest.

Caption reads: *Great news! “To be transparent” by Angela Guardado will soon be published. It was selected from the IV edition of the Novel Mentorship of Literature UNAM. The novel stands out for its dense and poetic prose. A work that explores and defies the genre limits!*



\*Wordplay, could be translated to “Being transparent” and “Transparent being”.

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