

July 31, 2015



GAIAM Sets Second Quarter Conference Call for Thursday, August 6, 2015 at 4:30 p.m. ET

BOULDER, CO -- (Marketwired) -- 07/31/15 -- GAIAM, Inc. (NASDAQ: GAIA), a leading lifestyle company for yoga, fitness and wellness products and content, will conduct a conference call on Thursday, August 6, 2015 at 4:30 p.m. Eastern time (2:30 p.m. Mountain time) to discuss its financial results for the second quarter ended June 30, 2015. The company will report its financial results in a press release prior to the call.

GAIAM management will host the conference call, followed by a question and answer period.

Date: Thursday, August 6, 2015

Time: 4:30 p.m. Eastern time (2:30 p.m. Mountain time)

Toll-free dial-in number: 1-888-389-5988

International dial-in number: 1-719-457-1512

Conference ID: 8502039

Please call the conference telephone number 5-10 minutes prior to the start time. An operator will register your name and organization. If you have any difficulty connecting with the conference call, please contact Liolios Group at 1-949-574-3860.

About GAIAM

GAIAM, Inc. (NASDAQ: GAIA) is a leading lifestyle company for yoga, fitness and wellness products and content. With a wide distribution network that consists of approximately 38,000 retail doors, 18,000 store within stores, 5,000 category management locations, and e-commerce, GAIAM is dedicated to making yoga, fitness and wellness accessible to all. GAIAM TV is a global digital subscription service with approximately 7,000 exclusive videos available for streaming and download. The company dominates the health and wellness category and owns the largest library of conscious media. For more information about GAIAM, please visit www.GAIAM.com or call 1-800-869-3603.

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Source: Gaiam, Inc.