

February 10, 2020



Gaia Sets Fourth Quarter and Full Year 2019 Conference Call for Monday, February 24, 2020, at 4:30 p.m. ET

BOULDER, Colo., Feb. 10, 2020 (GLOBE NEWSWIRE) -- Gaia, Inc. (NASDAQ: GAIA), a conscious media and community company, will conduct a conference call on Monday, February 24, 2020, at 4:30 p.m. Eastern time (2:30 p.m. Mountain time) to discuss its financial results for the fourth quarter and full year ended December 31, 2019. The company will report its financial results in a press release prior to the call.

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

Date: Monday, February 24, 2020
Time: 4:30 p.m. Eastern time (2:30 p.m. Mountain time)
Toll-free dial-in number: (800) 263-0877
International dial-in number: (646) 828-8143
Conference ID: 5742177

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 Gateway Investor Relations at (949) 574-3860.

The conference call will be broadcast live and available for replay [here](#) and via the investor relations section of the Company's website at www.gaia.com.

A telephonic replay of the conference call will be available after 7:30 p.m. Eastern time on the same day through March 9, 2020.

Toll-free replay number: (844) 512-2921
International replay number: (412) 317-6671
Replay ID: 5742177

About Gaia

Gaia is a global video streaming service and community that provides curated conscious media in four primary channels—Seeking Truth, Transformation, Alternative Healing and Yoga—to its subscribers in 185 countries with approximately 8,000 titles. Over 90% of its library is exclusive to Gaia, and approximately 80% of the views are generated by content produced or owned by Gaia. For more information about Gaia, visit www.gaia.com.

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The logo for Gaia, Inc. features the word "Gaia" in a bold, teal-colored serif font. The letter "G" is significantly larger than the other letters, and the "i" has a distinct dot.

Source: Gaia, Inc.