

March 20, 2023



Gaia Announces Participation in Water Tower Research Fireside Chat Series on March 27th at 2:00 p.m. ET

BOULDER, Colo., March 20, 2023 (GLOBE NEWSWIRE) -- Gaia, Inc. (NASDAQ: GAIA) ("Gaia" and/or the "Company"), a conscious media and community company, announced that CFO Paul Tarell will participate in the Water Tower Research Fireside Chat Series on Monday, March 27, 2023, at 2:00 p.m. ET.

Topics will include:

- A Gaia Marketplace overview.
- Factors affecting growth prospects in 2023.
- Cash flow management in 2023.

To participate, please click [here](#) to register for the event.

About Water Tower Research

Water Tower Research is a shareholder communication and engagement platform powered by senior industry experts with significant Wall Street experience. We create, deliver, and maintain the information flow required to build and preserve relationships with every stakeholder and potential investor. Our foundation is built on Wall Street veterans using open digital distribution strategies that are accessible by everyone. "Research for the Other 99%™" opens the door to reach a much broader and diverse set of investors while helping to strengthen overall communications, transparency, and engagement.

About Gaia

Gaia is a member-supported global video streaming service and community that produces and curates conscious media through four primary channels—Seeking Truth, Transformation, Alternative Healing and Yoga—in four languages (English, Spanish, French and German) to its members in 185 countries. Gaia's library includes over 10,000 titles, over 85% of which is exclusive to Gaia, and approximately 75% of viewership is generated by content produced or owned by Gaia. Gaia is available on Apple TV, iOS, Android, Roku, Chromecast, and sold through Amazon Prime Video and Comcast Xfinity. 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 particularly large and stylized, with a thick stroke. The "a" and "i" are smaller and follow the same serif style. The "a" has a small dot, and the "i" has a small dot. The overall appearance is clean and professional.

Source: Gaia, Inc.