

November 3, 2008



Gaiam to Announce Third Quarter 2008 Results

Conference Call to be held on Thursday, November 6, 2008

BOULDER, Colo., Nov. 3 /PRNewswire-FirstCall/ -- Gaiam, Inc. (Nasdaq: GAIA) will announce results for its third quarter ended September 30, 2008, after the market close on Thursday, November 6, 2008. The Company will also hold a teleconference to discuss these results with additional comments and details. Participating in the call will be Jirka Rysavy, Chairman & Chief Executive Officer, Lynn Powers, President, and Vilia Valentine, Chief Financial Officer.

The conference call is scheduled to begin at 2:30 pm MT (4:30 pm ET) on Thursday, November 6, 2008. Participants may access the call by dialing 888-950-8038 (domestic) or 210-234-0014 (international).

About Gaiam, Inc.

Gaiam is a lifestyle media company providing information, media, products and services to customers who value personal development, wellness, ecological lifestyles, responsible media and conscious community. For more information about Gaiam, please visit <http://www.gaiam.com>.

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SOURCE Gaiam, Inc.