

May 1, 2009



Gaia to Announce First Quarter 2009 Results

BOULDER, Colo., May 1 /PRNewswire-FirstCall/ -- Gaia, Inc. (Nasdaq: GAIA), alifestyle media company providing information, media, products and services to customers who value personal development, wellness, ecological lifestyles, responsible media and conscious community, will announce results for the first quarter ended March 31, 2009 at close of the market on Wednesday, May 6, 2009.

The Company will hold a teleconference to discuss these results with additional comments and details. Participating in the call will be Jirka Rysavy, Chairman, Lynn Powers, Chief Executive Officer & President, Vilia Valentine, Chief Financial Officer and Carole Buyers, VP Corporate Finance and Investor Relations.

The conference call is scheduled to begin at 2:30 p.m. MDT (4:30 p.m. EDT) on May 6, 2009. Participants may access the call by dialing (888) 946-2714 (domestic) or (312) 470-7365 (international), passcode GAIAM.

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SOURCE Gaia, Inc.