

August 16, 2022



Gaia Announces Participation in Water Tower Research Fireside Chat Series on August 18th at 2 p.m. EDT

BOULDER, Colo., Aug. 16, 2022 (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 Thursday, August 18, 2022, at 2:00 p.m. EDT.

Topics will include:

- The development of the Events+ format.
- The impact on Gaia's content creation.
- The impact on members' engagement and ARPU.

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 Wall Street veterans with significant experience and credibility. We create, deliver, and maintain the information flow required to build and preserve relationships between companies and all of their stakeholders and investors. "Research for the Other 99%™" opens the door for every investor to stay informed and ensures transparency, better engagement, and equal communication.

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, 80% 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, sans-serif font. The letters are closely spaced and have a slight shadow effect, giving the logo a three-dimensional appearance.

Source: Gaia, Inc.