

May 19, 2010



Gaiam, Inc. to Present at Investor Conferences

BOULDER, Colo., May 19 /PRNewswire-FirstCall/ -- **Gaiam, Inc.** (Nasdaq: GAIA), a lifestyle media company, announced today that Lynn Powers, President and CEO, and Carole Buyers, VP Corporate Finance and Investor Relations, will present at the following investor conferences:

Craig Hallum Capital Group Institutional Investor Conference, at the Radisson Plaza Hotel, in Minneapolis, MN, on Wednesday, June 2, 2010.

RBC Capital Markets 2010 Retail & Consumer Conference at the Ritz Carlton Battery Park Hotel, in New York City, NY, on Thursday, June 3, 2010.

About GAIAM

Gaiam, Inc. (NASDAQ: GAIA) is a leading producer and marketer of lifestyle media and fitness accessories. With a wide distribution network that consists of 67,000 retail doors, over 12,000 store within stores, a digital distribution platform and 10 million direct customers, Gaiam is dedicated to providing solutions for the many facets of healthy and eco-conscious living. The Company dominates the health and wellness category and releases non-theatrical programming focused on family entertainment and conscious media. In addition, Gaiam has exclusive licensing agreements with Discovery Communications and other licensing partners. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

This press release includes forward-looking statements relating to matters that are not historical facts. Forward-looking statements may be identified by the use of words such as "expect," "intend," "believe," "will," "should" or comparable terminology or by discussions of strategy. While Gaiam believes its assumptions and expectations underlying forward-looking statements are reasonable, there can be no assurance that actual results will not be materially different. Risks and uncertainties that could cause materially different results include, among others, introduction of new products and services, completion and integration of acquisitions, the possibility of negative economic conditions, and other risks and uncertainties included in Gaiam's filings with the Securities and Exchange Commission. Gaiam assumes no duty to update any forward-looking statements.

SOURCE Gaiam, Inc.