

March 8, 2007



Gaiam, Inc. to Report Fourth Quarter and Fiscal Year 2006 Results

BROOMFIELD, Colo., March 8 /PRNewswire-FirstCall/ -- Gaiam, Inc. (Nasdaq: GAIA), a branded lifestyle media company catering to people who value personal development, natural health and inspirational media, will announce results for the fourth quarter and fiscal year ended December 31, 2006 on Monday, March 12, 2007. 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 p.m. MDT (4:30 p.m. EDT) on March 12, 2007. Participants may access the call by dialing 888-323-7915, passcode GAIAM.

For more information about Gaiam, please visit www.gaiam.com, or contact:

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