

May 3, 2007



Gaiam, Inc. to Report First Quarter Fiscal Year 2007 Results

BROOMFIELD, Colo., May 3 /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 first quarter ended March 31, 2007 on Wednesday, May 9, 2007 after the market close. 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 May 9, 2007. Participants may access the call by dialing 888-396-9923, passcode GAIAM.

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

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