

March 4, 2008



Gaiam Announces Fourth Quarter and Year End 2007 Conference Call to be Held on Monday, March 10, 2008

Company to Present at the Bank of America Consumer Conference on March 11, 2008

BLOOMFIELD, Colo., March 4 /PRNewswire-FirstCall/ -- Gaiam, Inc. (Nasdaq: GAIA), will announce results for its fourth quarter and year ended December 31, 2007, after the market close on Monday, March 10, 2008. 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 Monday, March 10, 2008. Participants may access the call by dialing 888-396-9923 (domestic) or 210-234-0014 (international).

The company will also be presenting at the Bank of America Consumer Conference in New York City. Gaiam's investor presentation will be held on Tuesday, March 11, 2008 at 9:40 a.m. EDT.

About Gaiam, Inc.

Gaiam is a lifestyle media company providing information, media, products and services to customers who value personal development, wellness, ecological lifestyles, responsible media and conscious community. For more information about Gaiam, please visit <http://www.gaiam.com>, or call 1-800-869-3603.

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