

May 7, 2008



Gaiam, Inc. to Announce First Quarter 2008 Results

Conference Call to be Held on Monday, May 12, 2008

BROOMFIELD, Colo., May 7 /PRNewswire-FirstCall/ -- Gaiam, Inc. (Nasdaq: GAIA) will announce results for its first quarter ended March 31, 2008, after the market close on Monday, May 12, 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 2:30pm MT (4:30 pm ET) on Monday, May 12, 2008. Participants may access the call by dialing 888-950-8038 (domestic) or 210-234-0014 (international).

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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SOURCE Gaiam, Inc.