

December 4, 2025



Gaia to Present at Sidoti Year End Virtual Investor Conference

BOULDER, Colo., Dec. 04, 2025 (GLOBE NEWSWIRE) -- **Gaia, Inc. (NASDAQ: GAIA)** ("**Gaia**" and/or the "**Company**") - the world's largest streaming and community platform dedicated to, personal transformation, health, wellness, and spirituality - will present at the Sidoti Year End Virtual Investor Conference, taking place on December 10-11, 2025.

Gaia's presentation is scheduled for Wednesday, December 10th at 12:15 p.m. ET. The Company's Chief Financial Officer, **Ned Preston**, and Chief Business Development Officer, **James Calquhoun**, will also host virtual one-on-one meetings with investors on Wednesday and Thursday, December 10th and 11th.

To register for the presentation or one-on-ones, visit www.sidoti.com/events. Registration is free and you don't need to be a Sidoti client.

About Sidoti Events, LLC ("Events") and Sidoti & Company, LLC ("Sidoti")

In 2023, Sidoti & Company, LLC, [Sidoti & Company, LLC \(www.sidoti.com\)](http://www.sidoti.com) formed an affiliate company, Sidoti Events, LLC in order to focus exclusively on its rapidly growing conference business and to more directly serve the needs of presenters and attendees. The relationship allows Events to draw on the 25 years of experience Sidoti has as a premier provider of independent securities research focused specifically on small and microcap companies and the institutions that invest in their securities, with most of its coverage in the \$200 million-\$5 billion market cap range. Sidoti's coverage universe comprises approximately 160 equities, of which 50 percent participate in the firm's rapidly growing Company Sponsored Research ("CSR") program. Events is a leading provider of corporate access through the eight investor conferences it hosts each year. By virtue of its direct ties to Sidoti, Events benefits from Sidoti's small- and microcap-focused nationwide sales force, which has connections with approximately 2,500 institutional relationships in North America. This enables Events to provide multiple forums for meaningful interaction for small and microcap issuers and investors specifically interested in companies in the sector.

About Gaia

Gaia is a member-supported global video streaming service and community that produces and curates conscious media through four primary channels—Seeking Truth, Transformation, Alternative Healing and Yoga—in four languages (English, Spanish, French and German) to its members in 185 countries. Gaia's library includes over 10,000 titles, over 85% of which is exclusive to Gaia, and approximately 75% of viewership is generated by content produced or owned by Gaia. Gaia is available on Apple TV, iOS, Android, Roku, Chromecast, and sold through Amazon Prime Video and Comcast Xfinity. For more information about Gaia, visit www.gaia.com.

Company Contact:

Ned Preston
Chief Financial Officer
Gaia, Inc.
Investors@gaia.com

Investor Relations:

Cody Slach
Gateway Group, Inc.
949-574-3860
GAIA@gateway-grp.com

The logo for Gaia, Inc. features the word "Gaia" in a bold, teal-colored serif font. The letter "G" is significantly larger than the other letters, and the "i" has a distinct dot.

Source: Gaia, Inc.