

July 29, 2011



Gaiam, Inc. to Announce Second Quarter 2011 Results

Conference Call to be held on Monday, August 8, 2011

BOULDER, Colo., July 29, 2011 /PRNewswire/ -- **Gaiam, Inc.** (NASDAQ: GAIA), a lifestyle media company, will announce results for the second quarter ended June 30, 2011 at the close of the market on Monday, August 8, 2011.

The Company will hold a teleconference to discuss these results with additional comments and details, including its solar segment's recent acquisition and the associated transactional expenses. Participating in the call will be Jirka Rysavy, Chairman; Lynn Powers, Chief Executive Officer; and Steve Thomas, Chief Financial Officer.

The conference call is scheduled to begin at 2:30 p.m. MT (4:30 p.m. ET) on August 8, 2011. Participants may access the call by dialing (800) 619-0355 (domestic) or (212) 547-0278 (international), passcode GAIAM.

About GAIAM

Gaiam, Inc. (NASDAQ:GAIA) is a leading producer and marketer of lifestyle media and fitness accessories. With a wide distribution network that consists of retail doors, store within stores, a digital distribution platform and 10 million direct customers, Gaia is dedicated to providing solutions for the many facets of healthy and eco-conscious living. The Company dominates the health and wellness category and releases non-theatrical programming focused on family entertainment and conscious media. In addition, Gaia has exclusive licensing agreements with Discovery Communications and other licensing partners. For more information about Gaia, please visit www.gaiam.com or call 1.800.869.3603.

SOURCE Gaia, Inc.