

September 29, 2023



Gaia Announces Participation in LD Micro Investment Conference (Los Angeles)

BOULDER, Colo., Sept. 29, 2023 (GLOBE NEWSWIRE) -- Gaia, Inc. (NASDAQ: GAIA) a conscious media and community company, announced its participation in the following investor conference:

- **LD Micro Investment Conference, October 4, 2023** at the Luxe Sunset Boulevard Hotel in Los Angeles

Gaia's management team, including Chairman and CEO Jirka Rysavy, CFO Ned Preston, and COO James Colquhoun, will be available for meetings with investors. For more information or to schedule one-on-one meetings, please contact your respective conference representative or Gaia's investor relations team at GAIA@gateway-grp.com.

Gaia expects to finish the third quarter (ending September 30, 2023) with continued positive cash flow generation and achieving member growth approximately double from the previous quarter, ending the quarter with higher total members and revenue compared to same quarter last year, more than recovering losses from the later part of 2022, caused by the industry-wide post-COVID subscriber contraction.

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.

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Forward-Looking Statements

This press release contains forward-looking statements within the meaning of the federal securities laws. All statements other than statements of historical fact are forward-looking statements that involve risks and uncertainties. When used in this discussion, we intend the words “anticipate,” “believe,” “contemplate,” “continue,” “could,” “estimate,” “expect,” “future,” “hope,” “intend,” “may,” “might,” “objective,” “ongoing,” “plan,” “potential,” “predict,” “project,” “should,” “strive,” “target,” “will,” “would” and similar expressions as they relate to us to identify such forward-looking statements. Our actual results could differ materially from the results anticipated in these forward-looking statements as a result of certain factors set forth under “Risk Factors” and elsewhere in our filings with the U.S. Securities and Exchange Commission, including in our Annual Report on Form 10-K for the year ended December 31, 2022. Risks and uncertainties that could cause actual results to differ include, without limitation: our ability to attract new members and retain existing members; our ability to compete effectively, including for customer engagement with different modes of entertainment; maintenance and expansion of device platforms for streaming; fluctuation in customer usage of our service; fluctuations in quarterly operating results; service disruptions; production risks; general economic conditions; future losses; loss of key personnel; price changes; brand reputation; acquisitions; new initiatives we undertake; security and information systems; legal liability for website content; failure of third parties to provide adequate service; future internet-related taxes; our founder’s control of us; litigation; consumer trends; the effect of government regulation and programs; the impact of public health threats, including the coronavirus (COVID-19) pandemic and our response to it; and other risks and uncertainties included in our filings with the Securities and Exchange Commission. We caution you that no forward-looking statement is a guarantee of future performance, and you should not place undue reliance on these forward-looking statements which reflect our views only as of the date of this press release. We undertake no obligation to update any forward-looking information.



Source: Gaia, Inc.