FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)											_				
1. Name and Address of Reporting Person * Sutherland Paul Howard				2. Issuer Name and Ticker or Trading Symbol GAIA, INC [GAIA]							mbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) (Middle) 833 WEST SOUTH BOULDER ROAD					3. Date of Earliest Transaction (Month/Day/Year) 03/06/2020							Office	er (give title belo	ow)	Other (specify	pelow)	
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)							n/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
	ILLE, CO																
(City	⁷)	(State)	(Zip)			Ta	ıble I	- Non	-Deri	ivative S	Securities	Acq	uired, Disp	osed of, or l	Beneficially	Owned	
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	Execu	A. Deemed xecution Date	ĺ			ction	4. Securities Acquired (A) or Disposed of (D (Instr. 3, 4 and 5)		of (D)	Beneficia	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) Instr. 3 and 4)		6. Ownership Form:	7. Nature of Indirect Beneficial	
				(Month/Day/Year)			ode	V	Amoun	(A) or	Price				Direct (D) or Indirect (I) (Instr. 4)	ndirect (Instr. 4)	
GAIA Class A Common Stock		03/06/2020					P		1,000	Λ	\$ 7.21	96,000			D		
								1 quire	the fo	orm dis	splays a	curre neficia	ently valid	OMB con	spond unle trol numbe		
1. Title of	l ₂	3. Transaction					arran 5.				tible secu) Γitle and	O Dries of	O. Namahan	of 10.	11. Nature
	Conversion or Exercise Price of Derivative Security	Date (Month/Day/	Execution Da	ite, if	if Transaction Code ar) (Instr. 8)				6. Date Exercisable and Expiration Date (Month/Day/Year)		An Un Sec	nount of derlying curities str. 3 and	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	hip of Indirect Beneficial Ownership (Instr. 4)	
				Cod	Code	V	(A)		Date Exer		Expiratio Date	n Tit	Amount or Number of Shares				

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Sutherland Paul Howard 833 WEST SOUTH BOULDER ROAD LOUISVILLE, CO 80027	X						

Signatures

Paul Tarell, Attorney-In-Fact for Paul H. Sutherland	03/06/2020	
Signature of Reporting Person	Date	

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.