FORM 4

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

OMB APPROVAL
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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

pe Response	s)															
1. Name and Address of Reporting Person* Tarell Paul C. Jr.				2. Issuer Name and Ticker or Trading Symbol GAIA, INC [GAIA]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 833 W SOUTH BOULDER RD., BLDG G				3. Date of Earliest Transaction (Month/Day/Year) 03/06/2020								X Officer (give title below) Other (specify below) CHIEF FINANCIAL OFFICER				
(Street)				4. If Amendment, Date Original Filed(Month/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					
)	(State)	(Zip)			Т:	able I	- Non	-Derivat	tive S	ecurities	Acqui	ired Disn	osed of or l	Reneficially	Owned	
1.Title of Security 2. (Instr. 3) Da		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date r) any		ate, i	3. Transi Code (Instr. 8)		ction 4. (A (D	4. Securities Acqui (A) or Disposed of (D) (Instr. 3, 4 and 5)		uired	5. Amour Beneficia Reported	ant of Securities ally Owned Following d Transaction(s)		6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
						C	Code	V Ar	moun		Price				(Instr. 4)	
ass A Con	nmon Stock	03/06/2020					P	1,	000	A	\$ 7.1	39,640			D	
							t	the forn d, Dispo	n dis	plays a o	curre:	ntly valid	OMB con			
2. Conversion or Exercise Price of Derivative Security	Date	3A. Deemed Execution Date (Year) any	te, if	4. Transac Code	etion	5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr	vative rities ired r osed) : 3, d 5)	6. Date I and Exp (Month/	Exerc iratio Day/Y	isable n Date Year)	7. Ti Amo Und Secu (Inst 4)	Amount or Number		Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivat Security Direct (or Indir	Beneficial Ownership (Instr. 4)
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Issuer Name and Ticker or Trading Symbol (Che Director (Che Directo	Conversion Address of Reporting Person Call C. Jr.	Address of Reporting Persons Conversion Conversion

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Tarell Paul C. Jr. 833 W SOUTH BOULDER RD. BLDG G LOUISVILLE, CO 80027			CHIEF FINANCIAL OFFICER				

Signatures

/S/ Paul Tarell	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.