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

(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) 03/17/2020							Office	r (give title belo	ow)	Other (specify b	elow)	
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)							h/Day/Year)	_X_ Form fil	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))	(State)	(Zip)			Ta	ble I -	- Non-	-Deri	vative S	Securities	s Acq	uired, Disp	osed of, or I	Beneficially (Owned	
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Da	ion Date	_	Code (Instr. 8)			4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Beneficially Owned Foll Reported Transaction(s)		ollowing O	6. Ownership Form:	7. Nature of Indirect Beneficial		
			(Month/Day/Year)		ear)		ode	V	Amour	(A) or	Price		str. 3 and 4)		\ /	Ownership (Instr. 4)	
GAIA Cl Stock	ass A Con	nmon	03/17/2020)		2,000	Δ	\$ 4.83	102 500			D	
								t quire	he fo	orm dis	splays a of, or Ber	curr iefici:	ently valid		spond unle trol numbe		
Security	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Da	(e.g., puts, calls, v 4. Transaction Code Year) (Instr. 8)	on 1 () () () () () () () () () (5.		6. Da and E (Mon	tte Exer Expiration hth/Day/	e Exercisable spiration Date h/Day/Year) Expiration		Title and mount of derlying curities str. 3 and Amount or Number of	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owners Form of Derivati Security Direct (1 or Indire	Beneficial Ownership (Instr. 4)	
					Code	V	(A)	(D)					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	03/17/2020		
**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.