Edgar Filing: GAIAM INC - Form 4

GAIAM INC											
Form 4											
March 10, 20									PPROVAL		
FORM	UNITED	STATES SECUI Wa	RITIES A shington,			COMMISSION		3235-0287			
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 (StateMent of Changes in Beneficial (Section 16.) Filed pursuant to Section 16(a) of the Securities Excl Section 17(a) of the Public Utility Holding Company A 30(h) of the Investment Company Act of							Estimated ave burden hours response hange Act of 1934, .ct of 1935 or Section				
(Print or Type Ro	esponses)										
1. Name and Ad MOWRY BA	Symbol	2. Issuer Name and Ticker or Trading Symbol GAIAM INC [GAIA]					5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	,	f Earliest Tra Day/Year) 006	ansaction			(Check all applicable) <u>X</u> Director Officer (give title below) <u>L</u> 10% Owner Other (specify below)				
	(Street)	Street) 4. If Amer Filed(Mon					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City)	(State)	(Zip) Tab	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if TransactionAcquired (A) or Code Disposed of (D)				SecuritiesHBeneficially(OwnedHFollowing(ReportedTransaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	03/08/2006		Code V A	Amount 423		Price \$ 0 (1)	(Instr. 3 and 4) 11,371	D			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transact Code (Instr. 8)	tionNumber E of (1) Derivative Securities Acquired (A) or Disposed of (D)		Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(Inst 4, ar		Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

 Reporting Owner Name / Address
 Relationships

 Director
 10% Owner
 Officer
 Other

 MOWRY BARBARA
 X
 X
 V
 V
 V
 V

Signatures

Thomas R. Stephens, Attorney-in-Fact for Barbara Mowry

**Signature of Reporting Person

Date

03/10/2006

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).

(1) Stock was issued in lieu of Director fees.

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.