GAIAM INC Form 4 December 03, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

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Check this box if no longer subject to Section 16. Form 4 or

Form 5
obligations
may continue.
See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * POWERS LYNN			2. Issuer Name and Ticker or Trading Symbol GAIAM INC [GAIA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction	(Energia un applicable)		
			(Month/Day/Year)	X Director 10% Owner		
360 INTERLOCKEN BLVD, STE 300			11/29/2007	_X_ Officer (give title Other (specify below) President		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
BLOOMFIE	LD, CO 800)21		_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tak	ole I - Non-	-Derivative Securities Acqu	ired, Disposed of,	or Beneficially (Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transacti Code (Instr. 8)	(A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership In Form: B Direct (D)	. Nature of indirect deneficial Ownership Instr. 4)
Class A Common Stock	11/29/2007		M	24,200 A \$ 15.25	123,200	D	
Class A Common Stock	11/29/2007		D	24,200 D \$ 23.5	99,000	D	
Class A Common Stock	11/30/2007		M	65,800 A \$15.25	164,800	D	
Class A Common	11/30/2007		D	65,800 D \$ 23.761	99,000	D	

Stock

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

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SEC 1474 (9-02)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day)	ate	7. Title and a Underlying (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 15.25	11/29/2007		M	24,200	<u>(1)</u>	12/06/2007	Class A Common Stock	90,000
Stock Option (right to buy)	\$ 15.25	11/30/2007		M	65,800	<u>(1)</u>	12/06/2007	Class A Common Stock	65,800

Reporting Owners

Reporting Owner Name / Address	Relationships					
1 8	Director	10% Owner	Officer	Other		
POWERS LYNN 360 INTERLOCKEN BLVD STE 300 BLOOMFIELD, CO 80021	X		President			

Signatures

Thomas R. Stephens, Attorney-in-fact for Lynn	12/03/2007
Powers	12/03/200
**Signature of Reporting Person	Date

Reporting Owners 2

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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) Granted pursuant to the Issuer's 1999 Long-Term Incentive Plan. This option vested at a rate of 2% monthly beginning October 2001.

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.