

GAIA GROW CORP.
(formerly, Spirit Bear Capital Corp.)
Suite 303, 750 West Pender Street
Vancouver, British Columbia
V6C 2T7

NEWS RELEASE

GAIA GROW TO COMMENCE TRADING ON AUGUST 1ST

July 30, 2019 – Vancouver, British Columbia – Gaia Grow Corp. (formerly, Spirit Bear Capital Corp.) (the “**Company**”) (TSXV: GAIA), announces that effective at the opening of markets on Thursday, August 1, 2019, its common shares will commence trading on the TSX Venture Exchange (the “**Exchange**”) under the ticker symbol “GAIA”. Following completion of its “Qualifying Transaction”, the Company has been listed on the Exchange as a Tier 2 Industrial Issuer.

Acquisition of the Lamont Property

The Company also announces that it has completed the acquisition of a lot of land (the “**Lamont Property**”) located in Lamont County, Alberta, for the purposes cultivating hemp. In consideration for the Lamont Property, the Company has made a cash payment of \$190,000.

About Gaia

The Company is in the business of developing a facility and infrastructure for the manufacturing and marketing of hemp-based products in Canada. The operations of the Company are carried out through its’ wholly-owned subsidiaries, Gaia Bio-Pharmaceuticals Inc. (“**Gaia Bio**”) and Gaia Grow Holdings Corp. Gaia Bio holds a license to cultivate and sell industrial hemp under the *Cannabis Act (Canada)* and the *Industrial Hemp Regulations*. Gaia Bio is also an applicant for a license to cultivate cannabis for medical purposes under the *Cannabis Act (Canada)*. While Gaia Bio has applied for a license to cultivate cannabis, the primary focus of Gaia Bio is the cultivation and sale of hemp.

For further information, contact Frederick Pels at fp@gaiagrow.com.

On behalf of the Board,

Gaia Grow Corp.

Frederick Pels, Chief Executive Officer

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

This news release may contain certain "Forward-Looking Statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995 and applicable Canadian securities laws. When or if used in this news release, the words "anticipate", "believe", "estimate", "expect", "target", "plan", "forecast", "may", "schedule" and similar words or expressions identify forward-looking statements or information. These forward-looking statements or information may relate to regulatory or government requirements or approvals, the resumption of trading in the common shares of the Company and other factors or information. Such statements represent the Company's current views with respect to future events and are necessarily based upon a number of assumptions and estimates that, while considered reasonable by the Company, are inherently subject to significant business, economic, competitive, political and social risks, contingencies and uncertainties. Many factors, both known and unknown, could cause results, performance or achievements to be materially different from the results, performance or achievements that are or may be expressed or implied by such forward-looking statements. Such risk factors may include, among others, the risk that required approvals of the Exchange are met to resume trading in the common shares of the Company and risks related to the hemp market, including restrictions imposed by Health Canada or such other regulatory approvals. The Company does not intend, and does not assume any obligation, to update these forward-looking statements or information to reflect changes in assumptions or changes in circumstances or any other events affecting such statements and information other than as required by applicable laws, rules and regulations.