



GAIA CONFIRMS EFFECTIVE DATE FOR LISTING ON CSE

Vancouver, British Columbia – April 14, 2020 - Gaia Grow Corp. (TSXV: GAIA) (the “**Company**”) is pleased to announce that it has satisfied all outstanding conditions to the completion of its listing on the Canadian Securities Exchange (the “**CSE**”). Effective at the opening of markets on April 16, 2020, the common shares of the Company will commence trading on the CSE. In connection with completion of the listing, the common shares will be delisted from the TSX Venture Exchange effective at the closing of markets on April 15, 2020.

There have been no changes to the business, operations or capitalization of the Company as a result of the listing on the CSE, and the common shares of the Company will trade on the CSE under the existing ticker symbol “GAIA”.

For further information, contact Frederick Pels, Chief Executive Officer of the Company, at fp@gaiagrow.com.

ON BEHALF OF THE BOARD OF DIRECTORS OF

Gaia Grow Corp.

Frederick Pels, Chief Executive Officer

Neither the 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.

FORWARD-LOOKING STATEMENTS

This news release contains forward-looking statements and forward-looking information within the meaning of applicable securities laws. These statements relate to future events or future performance. All statements other than statements of historical fact may be forward-looking statements or information. Forward-looking statements and information are often, but not always, identified by the use of words such as “appear”, “seek”, “anticipate”, “plan”, “continue”, “estimate”, “approximate”, “expect”, “may”, “will”, “project”, “predict”, “potential”, “targeting”, “intend”, “could”, “might”, “should”, “believe”, “would” and similar expressions.

Forward-looking statements and information are provided for the purpose of providing information about the current expectations and plans of management of the Company relating to the future. Readers are cautioned that reliance on such statements and information may not be appropriate for other purposes, such as making investment decisions. Since forward-looking statements and information address future events and conditions, by their very nature they involve inherent risks and uncertainties. Actual results could differ materially from those currently anticipated due to a number of factors and risks. These include, but are not limited to, the risks associated with the hemp industry in general such as operational risks in growing; competition; incorrect assessment of the value and potential benefits of various transactions; ability to access sufficient capital from internal and external sources; failure to obtain required regulatory and other approvals and changes in legislation, including but not limited to tax laws and government regulations. Accordingly, readers should not place undue reliance on the forward-looking statements, timelines and information contained in this news release.