

Retreat with Meg, 2026

Karma Kinglake, Victoria, Australia

Find your creative flow at Retreat with Meg. Escape to nature, immerse yourself in writing and the writing community, and reset your creative energy with experienced creativity coach and writing workshop facilitator, Meg Dunley.

Fully catered, private bedrooms and writing spaces, a perfect balance of writing time and together time

Retreat with Meg is designed to offer you a peaceful and inspiring space to dive into your writing. Whether you want to get lost in your story, reflect on your creative process or simply recharge in nature, this retreat offers you sacred time. Retreat with Meg venues are selected for their facilities, accommodation and proximity to nature. You'll enjoy the beautiful nature-filled surroundings at Karma Kinglake where writing meets serenity.

These retreats offer the perfect blend of nurturing, structure, and creative freedom. Our retreats provide everything you need to make extraordinary progress on your writing project. Retreat with Meg includes fully catered meals, daily optional writing and coaching workshops, one-on-one coaching, an extensive library of writing and creativity resources and ample time for individual writing and reflection.

Whether you're drafting your first chapters, polishing your final manuscript or writing for therapy our carefully crafted environment eliminates distractions and nurtures your creativity through:

- private accommodation with dedicated writing spaces
- fully catered, delicious meals prepared with fresh ingredients
- optional daily workshops designed to deepen your project
- one-on-one coaching from a qualified creativity and mindset coach
- a supportive community of fellow writers on similar journeys.

Inside

Meet your host	2
The venue: Karma Kinglake	3
Retreat schedule	4
A typical day at Retreat with Meg	5
Who attends Meg's retreats	6
Testimonials	7
Frequently Asked Questions	9
Retreat fees	10
Book or enquire	13



Meet your host

Meg Dunley | Creativity Coach, Writing Retreat Host, Writing Workshop Facilitator, Writer

"I know what writers need"

Hello!

Thank you for your interest in my 2026 writing retreats.

I'm Meg and I help writers write.

I love working with writers and creatives. I began running writing retreats about 10 years ago for my writing group, but the idea of running writing retreats goes back even further than that. Some time in the early 2000s, I began to think about how incredible it would be to provide writers with the time and space they needed to do their writing.

Fast forward to today, and I've clocked up quite a few retreats, those I've run and those I've attended, so I know what does and doesn't help writers to do the one thing that they need to do: write. My retreats provide writers with the perfect balance of solitude to think and write (and nap, read, walk...) with a tiny bit of structured workshop time each day for those who would love to deep their relationship with their writing and their stories and characters.

I'm a graduate of the RMIT Professional Writing and Editing Program, a trained mindset and life coach and an editor. I've run writing workshops for over ten years in neighbourhood houses and libraries. I've coached many writers and creatives on their personal and writing goals. I'm also a gardener, knitter and mum of three adult sons and an inner Melbourne city dweller.

More than all this, I'm the person who cares about you and your writing and I want to help you make it shine.



I look forward to helping you get your writing done in the most joyful way possible.

Warmly

Meg Dunley



The venue: Karma Kinglake



The venue for this retreat has been chosen specifically for its connection to the natural world. Karma Kinglake offers the perfect backdrop for your writing. The venue is nestled next to Kinglake National Park allowing you a choice to go walks.

You'll have a space of your own (wood fire, couch, kitchenette, table and chairs and private bathroom) as well as a communal space to meet other writers. There are other non-private writing spaces (indoor and outdoor) throughout the venue.

Kinglake is a short drive from Melbourne and is serviced by public transport.

Rooms

All rooms have private ensuites, unless you choose to share a cottage (and a bathroom) with a mate. Your accommodation includes:

- table and chair for writing
- private ensuites, unless you choose to share a cottage (three options for this)
- lounge room, table and chairs and outside table and chairs
- heating and cooling split system (all rooms other than the Little Barn Studio also have a wood heater)
- kitchenette for preparing tea, coffee, light meals and snacks
- comfortable queen-sized bed with warm quilts and extra blankets
- linen and towels.

You can read more about the rooms on the website: megdunley.com/karma-kinglake-rooms/

Retreat schedule

Pre retreat

A couple of weeks before the retreat, Meg meets you over Zoom or phone to chat more about what you are hoping to achieve at the retreat and help you set goals for the retreat.

Day 1

- Arrive by 10:00 am and settle into your room
- Welcome workshop at 11:00 am
- Creative practice time
- Scheduled one-on-one coaching sessions in the afternoon
- Readings, drinks and nibbles 6:00 pm
- Communal dinner 7:00 pm

Middle days

- Creative practice time
- Optional workshop 11:00 am – 12:00 pm
- Scheduled one-on-one coaching sessions in the afternoons
- Readings, drinks and nibbles 6:00 pm
- Communal dinner 7:00 pm

Final Day

- Closing workshop 10:00 am
- Lunch at local café (optional) 12:00 pm
- Leave 1:00 pm

Post retreat

A couple of weeks after the retreat, Meg catches up with you over Zoom or phone to consolidate your time at the retreat and help you set up a plan to continue the great work you have done.

A typical day at Retreat with Meg

You will have loads of time to immerse in your writing (reading, napping, walking and thinking are also writing).

Morning

- Wake to the peaceful sounds of nature
- Enjoy a self-serve breakfast at a time that suits you best
- Use your private writing space for your writing, or write from a place in the house or gardens
- Participate in an optional late morning workshop designed to inspire and focus your day's writing

Afternoon

- Help yourself to a delicious lunch that nourishes both body and creativity
- Enjoy extended private writing time in your personal space, house or gardens
- One-on-one coaching sessions (scheduled throughout the retreat)
- Take a gentle walk through the bush to refresh your mind when inspiration needs renewal

Evening

- Gather for drinks and nibbles on the deck or inside to celebrate the day's progress
- Continue the conversation over a fresh and nutritious dinner
- Participate in evening readings around the fire
- End the day with reflection and setting gentle intentions for tomorrow's writing

Did you know ...

Over 25% of Retreat with Meg participants return for a second (third, fourth...) time

Who attends Meg's retreats

Retreat with Meg welcomes writers at all stages of their journey. Experience has told us that writers struggle with the same issues, and the mix of stages provides robust conversations.

Hobby writers

You like writing stories in notebooks or in the computer. You don't know what these stories will be, but you're having fun. You may not know any other writers, or where you might submit your writing, but it's been a life-long passion to write. Maybe you don't want anyone else to read your writing, but you've discovered that writing can be a deeply joyful and therapeutic activity. If you just had the time...

Early writers

You're just starting out. You haven't done much writing or attended many workshops. You've probably thought about it, a lot, and may have done some reading up on how to write and on what you're trying to write. You might have sent some pieces of writing off to competitions or publishers, but so far have not been listed for any award or have been published.

Emerging writers

You've done a fair amount of writing and have read some books on writing. You might have attended writing workshops before and might be currently studying or might have studied writing at a university or TAFE. You most likely have had some short pieces published or been listed for some awards. You might have a contract for a book or have an agent.

Established writers

You've had a full-length book of fiction, short fiction or non-fiction published by a mainstream publisher. You are familiar with the publishing industry. You may have a contract for another book (or not, and that may be causing some angst). You would love to be even better at the craft, more well known or more published.

It's easy to put other's needs ahead of your own, but in doing so, your writing doesn't get the time it deserves.

It's time to give your writing what it deserves.

Testimonials

Find your supportive writing community at Retreat with Meg

I highly recommend Retreat with Meg ... I'll be back for more.

Every retreat has exceeded my expectations. There's something really special about the way Meg fosters a relaxed, collegiate, and creative environment. At the first retreat, I had high expectations and it was so much more than I'd hoped. Meg thought of everything. From planning to execution, it was relaxing, productive, interesting, inclusive and affirming. There's something really special about the way Meg fosters a relaxed, collegiate and creative environment."

– MELISSA MANNING, AWARD WINNING AUTHOR AND FOUR-TIME ATTENDEE

A wonderful deep immersion into four days of writing

Thoughtfully put together it ensured that all of us, no matter what stage or level we were at, were all more than adequately looked after. The structure of the days meant that there was plenty of opportunity to enjoy the beauty of the location as well as spend as little or as much time with our work as we wanted. In the evenings Meg encouraged us to come together to spend time over a meal to relax and get to know each other which was also a happy way to end the day. I absolutely enjoyed all aspects of the retreat. I came away feeling like I had not only had an incredibly positive experience but also a more than special time to spend writing!

– LYNN P | EMERGING AUTHOR

Rediscovered my joy in writing

It was a bit like magic ... by the morning of Day 3 I'd fallen in love with my story again. But maybe not magic. I realised the whole experience was carefully considered – the workshops, the one-one-one sessions, the communal times for talking and sharing, the lovely venue and the (fabulous) catering – everything worked together to create a safe, warm, creative space.

– SUSAN GREEN | AWARD WINNING AUTHOR

Retreating with Meg proved to be an amazing bootcamp for my writing

I found it so motivating to be surrounded by like-minded writers in such a beautiful, peaceful and supportive environment with great food, a warming fire, lovely trees and wildlife outside, and Meg herself! Thank you Meg for helping me navigate my way through the dreaded MIDDLE OF THE NOVEL!!

– SUSANNAH GLENN | AUTHOR

Meg was born to run writing retreats and coach creative people

Meg's energy and attention to detail turned this writer's retreat into a magical experience.

– CAROLYN LESLIE | WRITER AND EDITOR



Meg's retreat provides safe & inspiring space

Meg's writing retreat provides a safe and inspiring space to knuckle down and write. Nutritious food and a very well-structured program with heaps of time to write, think, be, rest, create, refuel and reflect. Highly recommended.

– KAREN HOLLENBACH | WRITER

The well needed opportunity to read, rest and refocus

Retreat with Meg provided a well needed opportunity to read, rest, reset, refocus and delve into my writing. Her coaching technique was positive, practical and tailored to my individual needs. The retreat is in an idyllic location and allowed me to rest and retreat from my city life and meet other writers all with different writing approaches, published, not published, and aspiring to be published. Meg created a warm, welcoming and safe environment which helped build trust very quickly with the group. I would highly recommend this retreat and Meg's coaching services.

– JOSEPHINE DALY | WRITER

A safe and supportive environment

Meg offers a safe and supportive environment, delicious food and great advice and tips to get the most out of your writing time. I can highly recommend Meg's retreats. Meg's retreat was just what I needed to reconnect with my writing and focus my intentions. I got more out of it than I expected and have left with a clear plan for the rest of my manuscript.

– CAROLYN NICHOLSON | WRITER

Meg provides a truly remarkable experience

Retreat with Meg was an indulgent experience for me. Totally new to writing I was hesitant about attending with more seasoned writers. What I experienced was an incredibly inclusive and supportive environment. The daily workshops provided me with so much guidance and helped me to structure and think more about my writing. Meg is a fabulous mentor, providing support and ideas while also giving the space and time needed to complete and reflect on your writing. The informal learning you gain from the other writers at the retreat should not go unmentioned, a wonderful group of women who shared so openly themselves and their work, and from which I gained much enrichment. Meg went above and beyond to manage my dietary requirements. You feel her love and passion for her work, and the experience she is offering you as soon as you arrive. An experience I will cherish for a long time.

– BRO O'BRIEN | WRITER

Beneficial in all aspects

The retreat was very beneficial in all aspects. I gained friends, I had excellent coaching with Meg, I had space to think and gained inspiration to write. Feedback from the fellow retreaters was invaluable. It was a very calm and lovely place to be able to sink into my creative self.

– AIRDRE GRANT | AUTHOR



Frequently Asked Questions

What level of writer do I need to be to attend?

Retreat with Meg welcomes writers at all stages – from those just beginning their first draft to established authors polishing final manuscripts. The retreat meets you where your needs are.

Do I need to have a work in progress?

While many participants bring ongoing projects, others use the retreat to begin something new. Either approach works beautifully within the retreat structure. Some established authors use the retreat to complete copyedits, proofread or map out new stories.

What writing genres do you support?

We welcome all genres – fiction, memoir, poetry, non-fiction, and more. The workshops are adaptable to support your specific project.

How many writers attend each retreat?

We limit each retreat to ten participants to ensure personalised attention. This helps create an intimate community while maintaining plenty of private space.

What if I have dietary requirements?

We pride ourselves on accommodating most dietary needs with delicious, thoughtful meals. Just let us know your requirements when booking.

Is there time for relaxation and exploration?

Absolutely! While writing is the focus, the schedule includes free time to rest, walk in the forest, or explore nearby Kinglake if you wish. You are encouraged to listen to the rhythm of your body and mind.

Have questions?

Email Meg: meg@megdunley.com



Retreat fees

Retreat with Meg provides you with all you need to spend time with your writing. Everything is curated with you in mind, so all you need to do is arrive with your laptop and clothes and immerse yourself into your writing. The retreat fees vary depending on the length of the retreat and if you're interested in sharing one of the three two-bedroom cottages with a writer friend.

All fees are in Australian dollar.

Book two months before the retreat to take advantage of the \$150 early bird discount. Bookings are confirmed with a non-refundable deposit and the full payment is required one month before the retreat.

Retreat length	Full fee	Early bird fee	Shared cottage* per person fee	Shared cottage per person early bird fee
Three nights	\$2,995.00	\$2,845.00	\$2,855.00	\$2,705.00
Four nights	\$3,495.00	\$3,345.00	\$3,315.00	\$3,165.00

What's included

- three- or four-nights' accommodation with private bedroom, ensuite* and writing space
- wood fire in most rooms (other than Little Barn Studio)
- access to walks in the adjoining bush
- free Wi-Fi in all spaces
- extensive use of grounds
- pre- and post-retreat 30-minute Zoom consultations with Meg Dunley
- two intention setting and writing clarity masterclasses
- optional writing and creativity masterclasses each day including writing exercises and a guided walk-and-write
- one-hour one-on-one coaching and/or mentoring session with Meg Dunley
- facilitated writing conversations to workshop ideas, roadblocks and breakthroughs
- three evening group readings facilitated by Meg Dunley
- access to an extensive writing and creativity resource library
- goody bag with treats just for you
- fully catered three meals a day and morning and afternoon tea
- cheese platters and one drink each evening
- private kitchenette for tea and espresso coffee
- an invitation to my private online writing community
- option to have feedback on a piece of writing.

* If you share a cottage, you have a private bedroom and will share the bathroom that is between both bedrooms. There are only three cottages that have two bedrooms.

Food and drink

Retreat with Meg is fully catered. This is one of the most important parts of a writing retreat. As you use all that brain muscle, you need the right energy. The menu is fresh, nutritious and ample. We consider most dietary requirements. Reach out if you would like to discuss this more. Breakfast, lunch, morning and afternoon tea and snacks are self-serve to allow you to listen to the rhythm of your body. Each private space has a kitchenette for you to make your tea and coffee and, if you like, have your breakfast, lunch and snacks without interrupting your flow. We gather at 6 pm each evening for nibbles and a drink. You are welcome to bring any extra drinks and snacks as you require.

Of course, if you have a desire to get a cafe made coffee, the coffee shop is only a short walk away.

Meal	Three-night retreat	Four-night retreat
Breakfast	3 x self-serve breakfasts	4 x self-serve breakfasts
Lunch	3 x self-serve lunches	4 x self-serve lunches
Dinner	3 x one-course dinners	4 x one-course dinners
Pre-dinner	3 x glass of sparkling + nibbles	4 x glass of sparkling + nibbles
Snacks	Tea, coffee, fruit, nuts + cake	Tea, coffee, fruit, nuts + cake

Writing time

Retreat with Meg allows for plenty of time to write. This is something that many writers wish they had more of when they attend other writing retreats. So, if you are on a deadline, or just want to spend more uninterrupted time on your writing (thinking, napping, reading), then this retreat will provide you with that and cook for you! The daily workshop is run in the late morning and is optional for all writers.

Writing workshops and resources

- two writing and creativity masterclasses including writing exercises and a guided walk-and-write (optional)
- facilitated writing conversations to workshop ideas, roadblocks and breakthroughs
- evening group readings facilitated by Meg Dunley
- access to an extensive writing and creativity resource library.

The optional workshops are tailored to the participants. The workshop is designed to help writers form a deeper connection with their story, characters and writing. Some workshops are run indoors and others are run outside, occasionally with a short walk.

Coaching

- pre- and post-retreat 30-minute Zoom consultations with Meg Dunley
- two intention setting and writing clarity masterclasses
- one one-hour one-on-one coaching and/or mentoring session with Meg Dunley

Meg is a trained mindset and life coach as well as an editor and writer. She has a wealth of experience coaching writers and creatives to help them have breakthroughs with their work. You can use the session to unknot something in your writing, deal with a mindset issue or help setting some clear and achievable goals.

Writing community

At Retreat with Meg, you will find a wider writing community. Meg prides herself on helping writers build connections with each other. There are plenty of opportunities for writers to bond while at the retreat – over a meal, during the workshops or in the evenings. After the retreat, you will be invited to join Meg's Write and Thrive private online community to continue broadening your writing community.

Optional extras

You can choose to pay for some optional extras: massage, and feedback on your writing.

Massage

There is a massage room at the venue, and you can book in for a massage from a qualified masseuse during your time there. Contact Meg for prices

Feedback on your writing

If you would like Meg to provide feedback on your writing, you will have the opportunity to opt in for this and you can contact Meg for prices.

What's not included

- flights, trains or other means of transport to and from the retreat
- wine and other drinks at dinner
- additional snacks.

Payments and cancellations

Payment schedule

Payments are made by booking a place at the retreat.

- pay a deposit or in full to receive early bird discount two months before the retreat commences
- balance to be paid one month before the retreat.

Cancellations

- deposits are non-refundable
- booking and deposit are transferrable.

Time at Retreat with Meg helps rebalance the creativity scales

Book or enquire

Bookings can be done directly via:

- [Retreat with Meg February 2026](#)
- [Retreat with Meg June 2026](#)
- [Retreat with Meg August 2026](#)
- [Retreat with Meg November 2026](#)

If you'd like to know more, please email Meg at meg@megdunley.com or make a time to chat about what your writing needs by booking into Meg's [calendar](#).

We look forward to helping you with your writing.

