

$$\beta = \begin{array}{ccccc}
 \ell & \longrightarrow & m & \longleftarrow & n \\
 \downarrow & & \downarrow & & \downarrow \\
 v & \longrightarrow & w & \longleftarrow & x \\
 \uparrow & & \uparrow & & \uparrow \\
 v' & \longrightarrow & w' & \longleftarrow & x'
 \end{array}$$