On the Host

Launch a demo container (Demofile in cwd)

```
$ demo up
```

Bring it down (Demofile in cwd)

```
$ demo down
```

Get shell access to a demo that's up (Demofile in cwd)

```
$ demo shell
```

Get shell access to a demo that's not yet up (Demofile in cwd)

```
$ demo shell --up
```

Get shell access to a demo that needs to be restarted (Demofile in cwd)

```
$ demo shell --reup
```

In the Demo

Run the demo

```
$ demo run
```

Find the source code and test data

```
$ demo inspect
```

Force rebuild the demo

```
$ demo build --clean
```

Access files in the demo via the shared directory on the host

```
$ cd DEMODIR
$ demo share
```

Sync changes made in the shared directory back into the demo

```
$ cd DEMODIR
$ demo sync
```