$$\mathbb{C}^{\text{op}} \xRightarrow{\rho} \textbf{Sets}$$

with $y(C)$ on top and F on bottom.

$$X \qquad y(C)(X) \xrightarrow{\rho_X} F(X)$$

$$C \qquad y(C)(C) \xrightarrow{\rho_C} F(C)$$