

$\mathbf{Fun}(\mathbf{C}^{\mathrm{op}}, \mathbf{Cat})$

$$(-)^{\#} \begin{array}{c} \uparrow \\ \dashv \\ \downarrow \end{array} \dashv \begin{array}{c} \uparrow \\ \dashv \\ \downarrow \end{array} (-)^b$$

$\mathbf{LFun}(\mathbf{C}^{\mathrm{op}}, \mathbf{Cat})$